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from the editor

Now that the holiday season is in full swing, we can all use a few new recipes to whip up quickly when friends stop by. Here's a delicious idea for a chilly fall evening, from ***Sandra Lee Semi-Homemade Comfort Food***, the latest cookbook from the Food Network star.

CHOCOLATE MERLOT FONDUE

MAKES 6 servings
PREP 10 minutes

FONDUE

- **1 cup heavy cream**
- **1 teaspoon instant espresso powder**
- **1 package (12 ounces) milk chocolate chips**
- **2 tablespoons merlot wine**
- **2 teaspoons vanilla extract**

DIPPABLES

Pound cake, cut into cubes
Sugar cookies
Dried pineapple or mango slices

① In a medium saucepan, combine cream and espresso powder over medium heat. Bring to a simmer; add chocolate chips, stirring constantly until chocolate melts. Stir in wine and vanilla.

② Transfer fondue to a fondue pot or mini slow cooker to keep warm. Skewer your favorite dippables and enjoy!

We went all out for Thanksgiving this year—from our beautiful roast turkey cover to dozens of easy holiday recipes. I go all out for Thanksgiving at home too. My husband and I host, but since our dining room is on the cozy side, we clear some furniture out of the living room and set up two long tables and chairs (all rented) so the 16 of us can sit together. My dad still roasts the turkey and we serve up the same dishes year after year (all the ones I grew up with), but no one seems to mind—if I dared to alter my mom's marshmallow-topped whipped sweet potatoes and pineapple even a bit there'd be a major protest. But our five variations on turkey and 20 different side dishes have inspired me to add a few new items to my menu. I can't imagine anyone not loving the Potato Gratin with Wild Mushrooms (page 88) and the Cranberry-Apple Relish (page 90). I hope we've inspired you too, and that you and your family have a delicious, fun-filled celebration.

Linda

Linda Fears, Editor in Chief
linda@familycircle.com

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MOM Join our social networking site for moms of teens and tweens: momster.com

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julie halpert

A mom of three teens and award-winning freelance writer, Julie finally figured out how to get her kids excited about community service (**"Give a Little,"** page 34). "I used to make volunteering a requirement, like chores," she says. "Once I let them choose which types of projects they would do, they were noticeably more enthusiastic."

christopher white

Styling **"Season's Greenings,"** page 20, inspired Christopher to incorporate a Blue Atlas cedar and eucalyptus wreath into his apartment's Christmas decor this year. "I'd take an arrangement of fresh greens over a poinsettia any day," he says. "After all, nothing is better than a house that looks and smells like the holidays."

lisa loftus

Despite the wind chill that accompanies winter weather in New York City, this San Diego–based fashion photographer looks forward to her visits. "I'm a California girl at heart," says Lisa, who shot **"Cold Comfort,"** page 52. "But a trip to the East Coast during the cold months gives me a chance to pull out some of my favorite clothing—cashmere, boots and coats."

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Single Servings

My son and I enjoyed creating and eating the Very Raspberry Pie ["The More the Berrier," August]. We wanted to give everyone an individual treat, so instead of using one graham cracker crust, we made six mini ones.

Emily Hayden, WILMETTE, IL

Visit familycircle.com/pie for the recipe.

Safe Haven

It was so nice of you to announce Petfinder.com Adopt-a-Less-Adoptable-Pet Week ["A Home of One's Own," September]. We found our adorable dog through the site and couldn't be happier. For those who are interested in adopting, I highly recommend you visit it—there are thousands of animals in need of a good home.

Scarlett Hedden, VIA E-MAIL

Hold the Meat

The tips on eating meatless meals in the October 1 issue ["Where's the Meat?"] were wonderful. Since I began serving more plant-based items, I've saved money on my grocery bills, lowered my cholesterol and enjoyed a better variety of foods. Keep the vegetarian recipes coming!

Katie Moore, BALTIMORE, MD

Art Appreciation

Your magazine covers are beautiful. They're clean and uncluttered, and the photos against a simple background are visually stunning. Congratulations to your designers!

Shelia Popwell, HAMPTON, GA

Before & After

Thank you for the kitchen storage ideas and photo ["Get Organized," August]. My cupboard was a disaster, but your article was just the incentive I needed to fix it up.

Jami Trumbower, GERMANTOWN, MD

TWEET OF THE MONTH

"I'm obsessed with the latest issue of @FamilyCircle because it has a huge pic of Mac and Cheese on the cover. With Bacon. Mmmmm."

—jessicagreco

Visit familycircle.com/baconmac for the recipe.

online this month

» Holiday season is here. Find dozens of our favorite cookie recipes at familycircle.com/holidaycookies

» Crunched for time? Let your slow cooker make dinner for you. See all our set-and-forget recipes at familycircle.com/slowcooker

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Thanksgiving, U.S.A.

On the day before Thanksgiving there's a mad rush to the big food websites, where traffic heats up to an all-year high. The data trail reveals a lot—we're a nation of chronic kitchen procrastinators, for one, and making gravy is our collective bête noire. It also maps out our culinary passions, state by state. Who knew, for example, that Ohio ranks first in volume of searches for cheese balls? Here, a snapshot of who's Googling what most.

››GO FIGURE

2 Number of turkeys (a regular, plus a stand-in) pardoned by the President last year. The pair now lives at Disneyland.

4 Maximum number of days leftover stuffing will keep in the fridge.

12 Width, in feet, of the biggest pumpkin pie ever baked.

43 Average cost, in dollars, of a feast for a family of ten. Still a bargain!

4,500 Average number of calories consumed per person on Thanksgiving Day (not counting breakfast or late-night noshing).

46 million Number of turkeys eaten last November.

41 billion Dollars spent on Black Friday weekend in 2009.

Sources: The White House, StillTasty.com, Guinness Book of World Records, American Farm Bureau, Calorie Control Council, U.S. Census Bureau, National Retail Federation

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INNER CIRCLE

A roundup of smart talk, hot trends and favorite finds

>> HUNGRY YET? <<
Check out our recipes for these favorite dishes at
familycircle.com/thanksgivingusa

Old Standards, New Twists

<< Frontera Chipotle Pumpkin Salsa, $4 >>
The seasonal star gets a spicy makeover from Mexican-cuisine chef Rick Bayless.

<< Lowcountry Produce Sweet Potato Butter, $8 >>
Handmade, hand-packed, all natural. From South Carolina with love.

<< Jones Tofurkey & Gravy Soda, $6/pack of four >>
Another off-the-wall variety from the folks who brought us Green Bean Casserole and Fruitcake flavored drinks.

<< Moonstruck Pie Chocolates, $15/pack of six >>
Delectable apple, pumpkin and pecan pie truffles. Bring 'em on!

<< Urban Best Gourmet Pancake Mix, $6.50 >>
The perfect morning-after treat for those who like a little cranberry tang with their flapjacks.

Don't Blame the Bird

Tryptophan, an amino acid found in turkey, has long gotten a bum rap for causing post-dinner drowsiness. Truth is, it does boost serotonin, which has a calming effect on the brain—but only if you eat enormous amounts and completely skip the protein. The real culprit? Massive carb overload. So if you want a no-doze holiday, stop stuffing yourself.

ILLUSTRATION BY **ERIC HANSON**

Miley raunching it up at the Teen Choice Awards.

DESPERATELY BEING MILEY

Cyrus, that is. The singer turns 18 on November 23 and—surprise, surprise—keeps trying to reinvent herself as a sex kitten. (Pole dancing! Biker boots! Hot pants! Body tats!) Now she's really acting out…on-screen. In *LOL: Laughing Out Loud*, a movie due out in 2011, Miley's character loses her virginity, smokes pot, drinks, kisses two girls on the lips, and flashes her Brazilian wax at her mother, played by Demi Moore. "You're my daughter," she tells Miley at one point, "and I won't let you turn into a porn star." Shouldn't her real mom be saying this?

LET'S GET PHYSICAL Call it a matter of opinion. The texture, heft and hardness of the objects we touch can significantly sway our subconscious. In a recent study researchers found that people who held a piece of sandpaper were likelier to react negatively when listening to someone tell a story. Interviewers given a job applicant's résumé on a heavy clipboard took the person more seriously. And negotiators sitting on rigid chairs drove a tougher bargain. Another lesson in the school of hard knocks.

Purls of Wisdom

Got a sentimental-favorite pullover that's too small or hopelessly outdated? Graphic designer Haik Avanian has a business model that gives us the warm fuzzies. You send an old sweater to his mom, and she unravels and reknits it into something new. A handmade, one-of-a-kind sweater, scarf or other item is sent back to you. A stitch in time saves nine! Rekn.it, from $30

FUR AND AWAY

If you're the type of dog owner who feels bad leaving Fido home alone, the makers of the Talk to Me Treatball are happy to throw you a bone. This motion-activated dispenser releases puppy treats and a 12-second soundbite recorded in your voice. As for what sweet nothings you should utter, you're on your own. Talktomepet.com, from $13

Photo (Cyrus): Wireimage/Getty Images.

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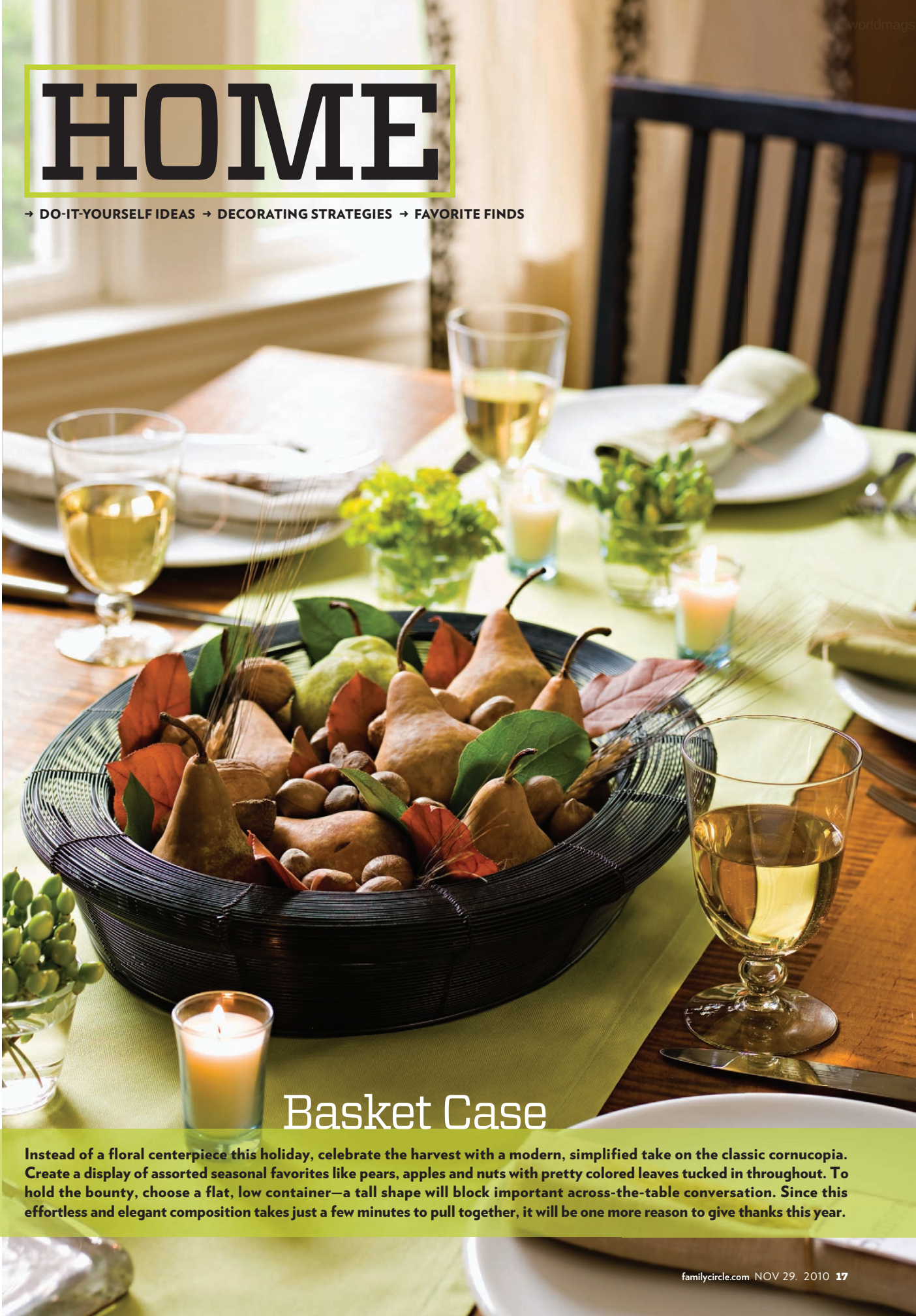

Photo: Helen Norman.

Basket Case

Instead of a floral centerpiece this holiday, celebrate the harvest with a modern, simplified take on the classic cornucopia. Create a display of assorted seasonal favorites like pears, apples and nuts with pretty colored leaves tucked in throughout. To hold the bounty, choose a flat, low container—a tall shape will block important across-the-table conversation. Since this effortless and elegant composition takes just a few minutes to pull together, it will be one more reason to give thanks this year.

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→ BY KATE DOHERTY

SPLURGE VS STEAL

You're not seeing double. These pieces share similar good looks but have totally different price tags.

Eames chair, allmodern .com, $229

VS

Snille chair, Ikea stores, $20

Black five-leg table, ethanallen .com, $429

VS

Bendetta side table, ballard designs.com, $199

Evolution by Waterford Horizon bowl, macys.com, $225

VS

Laguna vase, crateandbarrel .com, $45

Decorating is like creating a sandwich: Add "garnishes" until you achieve a taste you like.

PRO *pointers*

Interior designer and HGTV host **Frank Fontana** tells all in his book *Frank Fontana's Dirty Little Secrets of Design* (Stewart, Tabori & Chang). His top tricks:

MAGIC MIX →
A room needs at least one clash piece, like zebra pillows or colorful art, to add that dash of whimsy to an otherwise straightforward decor.

THE 5TH WALL →
Paint or embellish your ceiling—it's the largest blank surface area in your home and shouldn't be neglected.

TRUE COLORS →
Forget the myth that you must paint a small space a bright shade to make it feel bigger. Choose whatever hue you like.

SUPERMARKET CHIC →
For a DIY dark wood stain, mix three parts strongly brewed coffee, one part water and four tea bags. Steep for a day before brushing onto furniture.

Looking for Thanksgiving decorating ideas? Here's what Motherboard moms are doing:

69% love candles in holiday shapes and with seasonal fragrances.

58% create a pumpkin display.

13% opt for traditional Pilgrim figurines.

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Photos: (Pro Pointers) Brian Willette; (candles) Peter Krumhardt

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SEASON'S GREENINGS

Modern takes on your favorite holiday trimmings—wreaths, garlands and bouquets—give your home a fresh new look.

Produced by Christopher White • Text by Judy Prouty • Photography Lisa Hubbard

✣ ✣ ✣

A centerpiece doesn't get any easier than this: place sprigs of evergreens like spruce, magnolia, boxwood, eucalyptus and cypress in pretty candle holders or juice glasses.

MAKING THE ROUNDS

No need to mess with Mother Nature when unadorned wreaths of greens look this elegant.

HERE'S HOW Find wreaths of different sizes at garden shops or order from wreathsgalore.com. We used, from left, cedar, magnolia, juniper, silver dollar eucalyptus and seeded eucalyptus. You can make your own by attaching sprigs with florist wire in overlapping layers to a wire wreath form.

Hutton two-cushion sofa, roomandboard.com

SEE BUYER'S GUIDE, PAGE 106

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TAKE A BOUGH

Spruce up the mantel with fragrant greenery of your choice, like eucalyptus and pine, arranged in vintage milk glass vases.

HERE'S HOW If you don't have evergreens in your backyard, purchase scraps from a tree lot or garden center. Cut stems to desired height and insert into vases with water in them. To keep branches upright, cut blocks of florist foam, soaked thoroughly in water, to fit snugly in containers. Drape a swag over mantel for the finishing touch.

✣ ✣ ✣

Whether you snip branches from a tree or buy them, all greens stay fresh longer away from direct sunlight in a cool room.

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STANDING TALL

Keep it simple with a few snippets of green and a sprinkling of silver leaves.

HERE'S HOW Layer cedar and leaves on three cake stands stacked one on top of the other. Place the arrangement on a kitchen island or a sideboard.

FamilyCircle.com

Find more ways to deck your home for the holidays at familycircle.com/holidaydecorating

GRAND OPENING

Make a striking statement in the entry hall with a live tree that can be planted outside when the holidays are history.

HERE'S HOW We used a dramatic Blue Atlas cedar, but a small spruce or cedar set on a table creates a similar effect. Place the root ball of the tree in a galvanized tub. If necessary for stability, position using rocks or bricks and fill in with mulch to retain moisture. Don't remove a tree that's been planted in a plastic bucket—put in tub and top with florist's moss. A living tree should be kept inside for no more than 10 days before planting.

CENTER OF ATTENTION

Turn over a new leaf by dressing up the table with a glamorous arrangement of foliage.

HERE'S HOW For "place mat": Break magnolia leaves off stems and layer in circles starting inside and working out. For "bouquet": Arrange leaves with stems in a container. Flip a few leaves over to reveal the bronze underside. Magnolia can be purchased at florists or at themagnoliacompany.com. Glo silver wallpaper, tempaperdesigns.com

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FAMILY

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Photo: A. Chederros/Onoky/Corbis.

Full House

In a recent survey of 1,000 moms nearly 60% said they never or hardly ever play card or board games with their family, yet 50% said their favorite childhood memories are of playing cards with loved ones. Relive those moments with your kids by celebrating the 125th anniversary of Bicycle playing cards. Purchase a specially marked package, visit bicyclecards.com/whatsyourgame and enter the code to unlock over 500 games and ideas, as well as a chance to win 700 prizes.

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→ BY CELIA SHATZMAN

SCREEN SHOTS

There's no place like home for the holidays, but sometimes logistics or finances make it impossible to get everyone together. Video chat instead, on any budget. —*Alison Goldman*

$ Freetalk Buddy Cam ($20). Make Buddy the newest addition to your family. This webcam's arms and legs bend, so he can stand on your desk or sit on your computer monitor. And thanks to his USB plug-and-play feature, there's no installation necessary.

$$ Freetalk Everyman HD ($60). Amp it up to a new level—an HD level, that is. Plus, this webcam is incredibly lightweight, making it a cinch for those on the go.

$$$ faceVsion Technology TouchCam N1 ($119). This HD webcam has a 78-degree auto focus, wide-angle lens and built-in dual microphones, so both the image and the sound are (holiday) cheer-worthy.

$$$$ Panasonic Viera Series HD TV ($1,500 to $2,600) plus TV-compatible webcam ($170) or **Samsung 3D LED 8000 Series** ($2,108) and TV-compatible webcam ($150). Both these systems are a huge splurge, but they're pretty fantastic. Take video chatting from the home office to the living room, and then supersize it. Now your parents can tune in to their grandkids opening presents, even from across the country.

FILM FACE-OFF

This month Rapunzel gets the Disney princess treatment with the arrival of ***Tangled*** (November 24), and Harry Potter flies in for ***Harry Potter and the Deathly Hallows: Part I*** (November 19), the seventh film in the bewitching series. Rapunzel and Harry are both tenacious teens on a mission. Check out other ways they compare. —*A.G.*

RAPUNZEL	HARRY
Magical hair	Magical wand
Chameleon as a sidekick	Owl as a messenger
Based on the tale by the Brothers Grimm	Based on the series by J.K. Rowling
Detained in a tower	Formerly kept in a cupboard under the stairs
Sings to the tunes of Alan Menken	Moves to the music of the Weird Sisters

NOVEMBER 26 is StoryCorps' **National Day of Listening.** Participate by recording an interview with a loved one and sharing your experience on **dayoflistening.org.**

$43 BILLION

THE AMOUNT THAT TWEENS SPEND ANNUALLY. Translation: The advertising industry wants their attention. **Admongo.gov** is a fun, interactive website backed by the Federal Trade Commission and aimed at giving an "aducation" to kids ages 8 to 12. Source: EPM Communications Inc.

Photos: (Rupunzel) Disney Enterprises, Inc.; (Harry Potter) 2009 Warner Bros. Ent. Harry Potter Publishing Rights J.K.R. Illustration: Andy Potts.

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→ BY CAREN OPPENHEIM

Plymouth, MA

Photos: Margaret Lampert. Illustration: Joel Holland.

For Susan Wentworth and Ron Reilly's blended family, Plymouth is more than part of our country's history. It's the site of countless lacrosse games and Thanksgiving traditions.

Ron and I were both born in different Boston suburbs and settled in Plymouth with our first spouses. Years later mutual friends introduced us and we began dating. We just celebrated our fifth wedding anniversary in August. We've been really lucky with the blending of our families since our kids are close in age—they've meshed together wonderfully. We're always busy with various organizations and causes, after-school commitments and sightseeing—it never gets old, even for us!

A fascinating aspect of our town is its mix of historic locations and modern amenities. It's not unusual to see a chain restaurant down the street from a famous place like the **Jenney Grist Mill,** a re-creation of the country's first mill from 1636. This fully working site, which is powered by water from a brook in **Brewster Gardens**, has educational storytelling, people dressed in period costumes and corn-grinding.

Brewster Gardens

POPULATION: 7,931
FAMOUS FOR: The first Thanksgiving involving the Pilgrims and the Wampanoag tribe, held at Plimouth Plantation in the fall of 1621 to celebrate the colony's harvest.

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Tours tracing the Pilgrims' footsteps include the mill, the place where Plymouth's first church once stood, burial grounds and more. I love hearing stories about the past and seeing where so many historical moments occurred.

Plymouth Rock and the **Mayflower II,** a full-scale replica of the ship the Pilgrims sailed over on in 1620, are at the **Plymouth Waterfront.** You won't want to miss the chowder at **CabbyShack** or the slushes from **Ziggy's** ice cream shop. A few streets away is **Village Landing Marketplace,** with its locally owned craft, toy and gift stores. The **Harvest Festival** takes place on the area's cobblestone walkways the Sunday before Thanksgiving. You can enjoy homemade pies and baked goods, and live music—10% of the money raised goes to **Cranberry Hospice.**

Plimouth Plantation

Everyone in our family is very involved with lacrosse—all the kids play. Ron and I help run fundraisers, and we're always cheering from the sidelines, even if we have players on opposing teams. Matthew and Patrick share a room at home, but at game time they become friendly rivals.

America's Hometown Thanksgiving Celebration, which occurs the weekend before the holiday, brings more than 100,000 people to the area for a parade, patriotic concerts that honor those in the military, a tent for kids with corn husk dolls and weaving lessons, historical reenactments of the 1600s at the waterfront and the **New England Food Festival.** Twenty restaurants compete in delicious categories—soup, chowder and dessert—with entries voted on by judges and the public. We volunteer at events held throughout the week and year-round. It's gratifying to see our kids involved with causes around town that they're passionate about. ●

Susan and Ron with their kids *(clockwise)*, Patrick, 15; Jessica, 18; Sarah, 13; Matthew, 17; and Cameron, 12.

» Think your town is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to **hometown@familycircle.com**.

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→ BY KRISTA MEYERHOFF

CAUSE →

COLLEGE BOUND COLLECTION

HUNTER BERK, 18
Hometown → O'Hara Township, Pennsylvania
Family → Mom Nancy; dad Ronald; brother Dan, 21

To learn more, donate books or organize a drive in your community, visit collegebound collection.com.

Hunter Berk sits in his basement knee-deep in college prep books—essay writing guides, AP flashcards, SAT prep manuals and college directories. He sorts them based on their condition (some have been written in but most have not) and packs everything up in his car to drop off at Fox Chapel Area Senior High School. Hunter's efforts are part of College Bound Collection (CBC), a program he founded in June 2009 to distribute free college prep materials to those in need.

Back in November 2008, the then 16-year-old sophomore began studying for the SAT test. When he noticed how much prep books cost—some over $50—he was shocked. "I wondered how all students are supposed to have the same opportunities if some can't even afford the necessary study aids," he says.

Hunter placed collection boxes, along with a sign asking seniors who had completed their college entry exams to donate used materials, in his high school's front office, at the public library and in a cafe. To get more people involved, Hunter asked a school administrator to e-mail details about the program to parents. Dozens quickly contributed their kids' study guides. Within two months Hunter had gathered more than 100 prep books, CDs and flashcards to store in his high school guidance office and local library. Now teens from any school can use the supplies. Though students can keep the books, many choose to return them so that somebody else can benefit. "Each kid gets the chance to play her part in the collection's success," Hunter says.

Since CBC launched two years ago, Hunter has received nearly 400 study aids. He is now looking for another high schooler to take over CBC's main duties, but after graduation this spring he will continue his efforts to expand the program to other towns. "I hope that teens around the country will take my lead and start collections," Hunter says. "It's a simple way to fix a problem that's common everywhere." ●

KNOW SOMEONE WHO'S HELPING TO CHANGE YOUR COMMUNITY? Send details along with a photo to goodworks@familycircle.com.

PHOTOGRAPHY BY **CWENAR PHOTOGRAPHY**

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MOIST AND SAVORY STUFFING

Prep: 20 min. Bake: 30 min. Makes: 10 servings

2 ½ cups Swanson® Chicken Broth (Regular *or* Certified Organic)
Generous dash ground black pepper
2 stalks celery, coarsely chopped
1 large onion, coarsely chopped
1 pkg. (14 oz.) Pepperidge Farm® Herb Seasoned Stuffing

1. Heat broth, black pepper, celery and onion in 3-qt. saucepan over medium-high heat to a boil. Reduce heat to low. Cover and cook 5 min. or until vegetables are tender. Add stuffing and mix lightly.
2. Spoon stuffing mixture into greased 3-qt. shallow baking dish. Cover and bake at 350°F. 30 min. or until hot.

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give a little

Teach your teen the value of volunteerism—and make community service a family affair.

by Julie Halpert • illustrations by Andrew Bannecker

I stood at the front of the room, my 15-year-old son, Garrett, and 12-year-old daughter, Madeline, by my side. A line of hungry people dressed in jeans and sweatshirts snaked toward us. As they approached our serving station, Garrett heaped chicken, green beans, potatoes and rolls onto their plates. Madeline was in charge of the drinks. "Water or fruit punch?" she asked politely.

I loved seeing my kids treat guests at the homeless shelter with dignity and kindness. During a brief lull, Madeline whispered, "Mom, they look just like the people in our neighborhood." After the meal was served, the same kids who fight about doing dishes at home willingly wiped counters, cleaned plates and mopped floors without complaint.

Sure, there had been some initial grumbling about sacrificing a summer evening, but by the time we got home that night, Garrett was saying he wished he could buy homes for everyone he'd seen. Madeline was surprised that despite their hardships, the shelter guests had joked with her. In the end we all agreed it was a worthwhile way to spend time together.

While experts say parents should get kids involved in community service as early as possible, it's never too late. In fact, kids ages 8 to 18 may reap greater benefits from volunteering than younger children because they can feel emotionally connected to a cause—and can actively select projects that interest them. Here, the best ways to get teens fired up about giving back.

Be a charitable role model

"What's most compelling for kids is seeing their parents' joyful involvement for their own meaningful reasons," says Elizabeth Berger, child psychiatrist and author of *Raising Kids with Character* (Rowman & Littlefield Publishers). If parents are generous and giving, kids are likely to adopt those qualities. So instead of saying that volunteerism makes the world a better place, show them your altruism. For example, prepare a dish for a charity meal while the kids are hanging out in the kitchen. Say something like, "Before I make dinner for our family, I have to finish this casserole, which will help raise money for an important cause." When you get back from the event, tell the kids how appreciative the charity organizers were. Try saying, "It made me feel good to help

FC FACT

The most popular community service projects among preteens and teens:

1 Helping children in need

2 Advocating for the environment

3 Supporting homeless people

Source: Harris Interactive, Sept. 2009

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Natural Born Helpers

While all humans have the inclination to lend a hand, teens possess additional idealism, energy and a fresh perspective, says Bill Hoogterp, senior adviser to HandsOn Network, a national organization that mobilizes volunteers. "Kids come up with great ideas because no one has told them they can't," he says. Hoogterp also believes every person has a deep commitment to at least one issue—for example, education or animal protection—and the key is combining that concern with a fun activity. To help teens identify hot-button issues, expose them to as many things as possible, and pay attention to what has an effect. Did something happen at school or on the news that your teen thinks is unfair? Find out what resonates, then s uggest taking action. "Service isn't something we need to put into kids," says Hoogterp. "In fact, we have to draw it out of them."

73%

of U.S. kids between the ages of 12 and 17 have participated in a volunteer activity.

Source: Harris Interactive, Sept. 2009

others who are less fortunate." Even if your kids don't immediately follow your example, they probably will down the road—as long as they see you enjoying yourself, says Mary Gresham, a clinical psychologist in Atlanta.

Offer several choices

Start by asking the question, "What can we do to help the community?" The phrasing presumes it's not a matter of if the family will participate, but how. Bring the family together for a group discussion, then suggest several types of projects and ask for input. "Kids will be more invested if they feel like they have a say," says Jenny Friedman, author of *The Busy Family's Guide to Volunteering* (Robins Lane Press) and executive director of Doing Good Together, a group that aims to inspire families to volunteer. If you're dealing with an independent teen, put him in the driver's seat by asking him to do some online research. For resistant teens, it's best not to insist on participation right away. Try easing them into it instead. For example, if your daughter likes to knit,

MOMster

Go to **momster.com/fc/volunteer** to find out what other moms have done to incorporate community service into their families' lives.

say, "Wouldn't it be fun to make blankets for soldiers?" If your son is artistic, you could mention that one of his paintings could lift the spirits of a child with cancer. This may help them realize on their own that they have something special to offer.

Give a slight push

If all else fails, gently strong-arm them—kids don't know what's best. "Teens can't understand the benefits of service until they've experienced them," says Jim Youniss, professor and developmental psychologist at Catholic University of America in Washington, D.C. He once took students to an impoverished area, to help repair houses. "They had no idea people lived in that kind of poverty," he says. "It woke them up." Remember, you're ultimately the boss. It's okay to make a unilateral decision about what the family is going to do, say, Saturday morning from 9 A.M. to noon. Then temper it by adding, "We'll try this once. If we don't like it, we won't go back." ●

RESOURCES
1-800-volunteer.org
volunteermatch.org
handsonnetwork.org
familycares.org
doinggoodtogether.org
thevolunteerfamily.org
boxproject.org
makeachildsmile.org
hugsandhope.org

"Do we have to?"

Overcome obstacles that prevent kids from participating in community service.

PROBLEM
A quiet, anxious teen who's uncomfortable interacting with strangers.

SOLUTION Skip the soup kitchen. There are other ways to give back that don't involve face-to-face communication. Try sending care packages to troops overseas or creating gift baskets for needy families. Tech-savvy teens can also help small organizations update their websites for free.

PROBLEM
A kid who values time with friends more than family.

SOLUTION Let him bring a buddy. Friends can help make the activity more fun, says Debra J. Berg, guide to charity and volunteering at SelfGrowth.com. Or suggest that he sign up for a church or synagogue youth group that does service projects—it keeps the experience social.

PROBLEM
Homework, extracurricular activities and a social life leave little time for volunteering.

SOLUTION Suggest a small commitment—as little as every other month, or a one-time project, like painting a mural on a community center building. Berg also mentions the benefits of volunteer vacations, which can be scheduled around school breaks.

PROBLEM
The initial excitement for a project wanes.

SOLUTION Some kids are very passionate, but they can burn hot, then go cold, says Berg. To keep up enthusiasm, parents should remind them of the impact, says author Jenny Friedman. Say something like "I bet you made that little girl very happy by visiting her in the hospital." It reinforces the value of community service and makes kids more likely to stick with it.

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Today's e-readers speak volumes—as in, you can pack hundreds of books into one sleek gadget. Thanks to significant price cuts, the time to buy is now. **BY CHRISTINA TYNAN-WOOD**

In the past my purse was always too packed to hold the books that could have made the hours I spend sitting outside school waiting for my kids, cooling my heels in doctors' offices or riding trains less mind-numbing. Then I got an e-reader. Now when I have downtime I can get lost in a mystery or novel, or relax with a current magazine. Also gone are the days of having to drop $400 or more on one of these babies, because some cost less than half that. In the end using one may not save a ton of money versus buying books—unless you love classics, which can often be had for free—but it can make it easier to squeeze the joy of reading into a busy life. Time for a crash course.

PHOTOGRAPHY BY **BRYAN MCCAY**

Win a 16 GB iPad!

Want an iPad? (Who doesn't?) Life would be good—you'd always have something to read, and even better, thanks to a free Netflix app available at iTunes, you could instantly watch TV episodes and movies streamed from Netflix, provided you're a member. For your shot at one of two 16 GB Apple iPads or one of three Nintendo Wii video game consoles, go to momster.com/fc/ereader and enter for a chance to win. For rules, see page 106.

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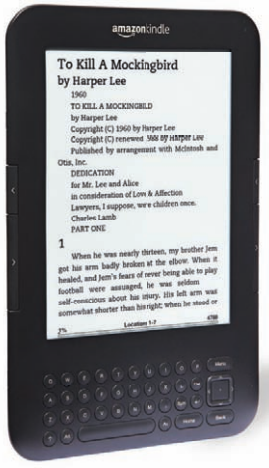


Kindle Amazon

Overall dimensions:
7.5" x 4.8" x 0.335"
Screen size (for all units measured diagonally): 6"
Weight: 8.7 ounces

At $139, the latest generation Wi-Fi–only Kindle is a supersweet deal—provided that you typically hover in Wi-Fi range. If you don't, you probably want to spring for the 3G model, $189, which lets you search and download via a high-speed data network at no charge, even when there's no Wi-Fi around for miles. Either way, the newest Kindle is so sleek and light—scarcely more than half a pound—that you can toss it into even a smallish bag and have enough reading material to last a lifetime.

The unit is trimmer and lighter than previous generations, and one good charge on the battery will hold you for a while, up to a month. The screen is uncanny in its resemblance to genuine paper, thanks to a painstakingly calibrated contrast. Useful extras galore include the ability to post articles from periodicals to Facebook right from your device. In fact, it's hard to think of a reason not to get one of these—even if you cling like a mollusk to the experience of reading printed, bound books. (I know, me too.)

To buy: amazon.com or Staples stores nationwide

Nook Barnes & Noble

Overall dimensions:
7.7" x 4.9" x .5"
Screen size: 6" display for reading; 3.5" LCD for navigation
Weight: 12 ounces

Barnes & Noble's answer to the Kindle is especially nifty if you like to hang out at your local B&N store. There are two wireless offerings—$149 for Wi-Fi only, $199 for 3G and Wi-Fi, both with a small touchscreen for navigating the high-contrast e-ink screen above it. This is also how you stock your virtual bookshelves—simply tap the Shop button and off you zip to the online store, where you can buy books, find free tomes and subscribe to magazines and newspapers. (Though the selection is not quite as vast as Amazon's.) If your friends also have a Nook, you can lend them books right from yours; the device will retrieve them when the loan period is up. In-store, your Nook will get free access to Wi-Fi and a constantly changing array of content that's available only while you are on-site. But be forewarned: If you enjoy playing sudoku, like me, having a Nook may mean you are constantly tempted to ignore work deadlines—or your kids.

To buy: Barnes & Noble retail stores nationwide or nook.com

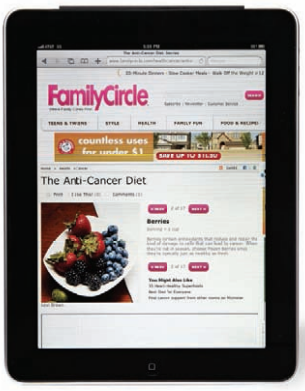
Reader (Daily Edition) Sony

Overall dimensions:
7.87" x 5.04" x 0.38"
Screen size: 7"
Weight: 12.75 ounces

When it comes to scratching the itch to curl up with a book, the Sony Reader gets the tactile sensation right—it has just about the same heft in the hand, and the screen-only design provides a book-like experience. The e-ink screen looks like paper, with slightly more glass-like glare than the Kindle or Nook. (A company rep says the newest version of the Daily Edition, not available for testing at press time, has a more paper-like look due to an e-ink tech update.)

Among the several Sony options, the Daily Edition, $249, is the only one that delivers periodicals wirelessly the way the Nook and Kindle do. Tap its touchscreen to navigate, shop, highlight passages or jot notes with the cool included notebook app. A big plus is that you can check books out from the library over the Internet, though you have to connect the Reader to a computer to complete the transaction. However, you'd have to do that quite a few times to make up the difference in price between the Reader Daily Edition and the Kindle or Nook.

To buy: sonystyle.com



iPad Apple

Overall dimensions:
9.56" x 7.47" x .5"
Screen size: 9.7"
Weight: 1.5 pounds

Calling the iPad an e-reader is like saying denim is just for jeans—both are gross understatements. But if you're considering investing in an e-book, think about whether spending a lot more to get an iPad makes sense for you. (The price differential depends on the model you choose, but iPads start at $499 for 16 GB.) The iTunes App store boasts tons of newspapers and magazines, with more being added all the time. You can buy e-books at iTunes or from Amazon by installing the free Kindle app. There are also apps to manage your health records, to-do list and hundreds of other things. The iPad allows you to stream video from Netflix and tote the Google Maps–based navigation system wherever you go.

In other words, this unit is almost a full-featured computer, though you'll have to poke at an on-screen keyboard or spend more cash on a full-size one. The crisp touchscreen is slick, though not high-contrast like the Kindle, Nook or Reader—meaning you won't want to read on it in bright light. But all the other bells and whistles may render that a moot point.

To buy: Apple stores nationwide or apple.com

Bookends: Steel bookend pairs, containerstore.com, $14.

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Alex Spring Design

Overall dimensions: 8⅞" x 4¾" x ⅜"
Screen size: 6"; 3.5" touchscreen for navigation below
Weight: 11 ounces

The news to use here is that the smaller touch-LCD below the e-ink screen runs on the popular-and-getting-more-so Android operating system—almost like a Droid smartphone without the calls or cellular fees. The browser means you can go anywhere you want on the Web: Facebook, Twitter, shopping for books at Kobo.com or BooksOnBoard.com. Like most Android mobile devices, it can wirelessly access the Android Market via the 3G network, where users just tap an icon to easily snap up apps that do just about everything but walk the dog or physically put dinner in the oven. But let's not forget the books. Buying them isn't as simple as on the other devices here, but reading them on the 6" e-ink screen is surprisingly comfortable. In short, this may be the answer for people who are willing to pay a premium (the unit runs $399) for the privilege of being on the cutting edge because the Android operating system makes the Alex nicely expandable over time.

To buy: springdesign.com

Word Up!

According to a 2010 Harris Poll, over half of e-reader owners (53%) say they read more now than they did six months ago, compared with 18% of nonusers.

Novel Pandigital

Overall dimensions: 8" x 10" x .5"
Screen size: 7"
Weight: 1.5 pounds

Despite its cool name and on-screen bookstore, the Novel is more like a poor-man's iPad than the other e-readers here. The color touchscreen LCD isn't as wow-worthy as the iPad, but hey, at $179, it won't set you back nearly as much financially. Like the Nook, the Novel connects to Barnes & Noble via Wi-Fi (no 3G) for books, newspapers and magazines, and has a Web browser, alarm clock and calendar. Check your e-mail, hit Facebook, reserve a hotel room or go shopping. Bottom line: This unit is useful for much more than just reading, but while the color screen makes Web surfing pleasant, it also limits your reading options about as much as any other LCD: You'll have a hard time if you're lazing about someplace sunny. Of course, you could probably happily listen to books or music in that situation.

To buy: pandigital.net/pandigitalnovel ●

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- Vitamins A, C & E to help strengthen the immune system

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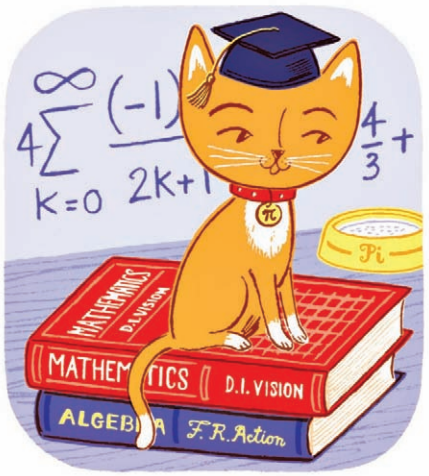
News Bites

The latest trends, products and need-to-know about pets.

by Alison Goldman



Teacher's Pet

When your teen arrives home from college for Thanksgiving break, she may give you the scoop on her roommate—and the dog down the hall in her dorm. Some schools, like Eckerd College in Florida, Washington & Jefferson College in Pennsylvania and the University of Illinois at Urbana-Champaign, offer housing options for students with dogs or cats, though the stipulations vary. According to Tonya Womack, staff adviser to the Pet Council at Eckerd, having a pet at college helps teens learn responsibility and relieves stress and homesickness. "It makes students feel like they have a piece of home with them," says Womack.

Man's Best Friend

72%

of dog owners would rather relax by taking a walk with their dog than with a human friend.

Source: 2010 Pup-Peroni Wags, Not Words Survey

A Mo-bile Must

Last fall we told you about *Mo Smells the Holidays,* by Margaret Hyde (mosnose.com), a scratch-and-sniff children's book that stirs up charity spirit. Now Mo is going mobile! The new—and free—Mo's Nose app for iPhones works like a search engine made specially for animal lovers. Use it to find pet-friendly hotels and airline accommodations, shelters and dog parks, as well as pet-related events and exclusive deals in your area.

MOMster®

Exchange pet tips and join the conversation at momster.com/fc/pets

$47.7 BILLION

Estimated amount that will be spent on pets in the U.S. this year

Source: American Pet Products Association

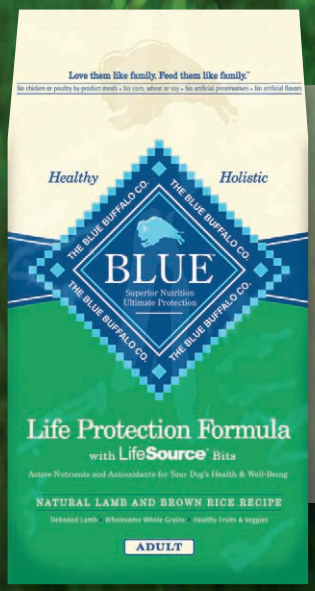
» Animal Apparel

Be both fashionable and philanthropic with pet-inspired clothing from iRescueRover.org. Tote bags, yoga pants and tees for men, women, children and even dogs sport fun graphic designs of pooches. The kicker to really get your tail wagging: A portion of the profits benefits animal welfare organizations like the ASPCA, the Humane Society and BestFriends.org. Buying just one T-shirt (about $38 for adults, $32 for kids and $22 for pups) helps feed a shelter dog for a week!

Illustration: Moira Millman.

"When I found out the first ingredient in his food wasn't real meat **I switched him to BLUE."**

Is your big name dog food fooling you? You probably didn't know that many well-known dog foods don't have real meat as their first ingredient. BLUE, on the other hand, always starts with real chicken, lamb or fish, followed by wholesome whole grains, garden veggies and fruit. Plus BLUE contains our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals. And your dog can enjoy all of this **naturally healthy goodness for only pennies a day more.**



How Does Your Brand Compare to BLUE?	BLUE	Your Dog's Food
Deboned Chicken, Fish or Lamb is the FIRST Ingredient	✓	?
Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
All Natural*	✓	?
LifeSource® Bits	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

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STYLE

→ LATEST BEAUTY ADVICE → FASHION TRENDS → BEST PRODUCTS

Hair: Jay Palaniuk for contactnyc. Makeup: William Murphy for Joe Strouse.

Faux Real

A huge hit on runways and a must-have for fall, the fake fur trend is here to stay. What started with a single vest last year has morphed into a head-to-toe makeover: hats, scarves, bags and even shoes are all in on the act. Layering a vest over a same-colored blazer is cool without being too over-the-top. Or keep it simple with a neutral cap or fur-trimmed purse. Hat ($20), scarf ($11) and blazer ($60), Uniqlo. Vest, Old Navy, $29.50. Gloves, Carolina Amato, $65. All makeup by Revlon.

PHOTOGRAPHY BY **SUZA SCALORA**

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→ BY DORI KATZ

» **Norma Kamali,** walmart.com, $35

ALL WRAPPED UP

Fashion innovator **Norma Kamali** created the Sleeping Bag coat in 1975. Thirty-five years later it lives on and is also part of Kamali's collection for Walmart, at a fraction of the designer price, which was more than $500! "This coat is my staple. I wear it every year," says Kamali. "Mixing it with color and texture, like bold knits and vibrant scarves, adds lots of fun to the look on a cold, dreary day." Order now—it may never go out of style, but it is likely to sell out fast.

OUT OF AFRICA

For years celebrities have raved how Argan oil keeps hair soft and shiny. The luxe ingredient is now helping more than just locks. Sourced from a Moroccan tree, it is considered "liquid gold," with antioxidants, essential fatty acids and almost twice as much vitamin E as olive oil. Hello, hydration!

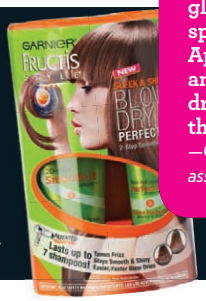
SKIN
Desert Essence Gentle Nourishing Day Cream SPF 15, $19

MAKEUP
Josie Maran Gogo Instant Natural Volume Argan Mascara, $22

HAIR
Orofluido Beauty Elixir for Your Hair, $40

hair and now

Sleek hair requires two things usually in short supply: time and money. With in-salon keratin treatments taking hours to apply and costing upwards of $200, it's not exactly an easy option. Take matters into your own hands with Garnier Fructis Sleek & Shine Blow Dry Perfector, $12—a two-step kit that smooths and de-frizzes, and lasts for seven shampoos. One of our staffers tested the treatment on her own tresses.



"I'm no pro so I was glad the directions spelled it all out. Applying was a breeze and my daily blow-drying now takes half the time it used to."
—Cindy Heller, assistant food editor

All That Glitters

First they became a year-round must-have. Now T-shirts are ready to hit the town for a night out. This season's tees come covered in sparkly sequins, like this gilded version from Loft, $69.50. It's the perfect updated addition to worn-in utilitarian pieces like cargoes and, of course, everyday denim.

Drew Barrymore shimmers in a copper-colored top.

SEE BUYER'S GUIDE, PAGE 106

Photos: (stills) Bryan McCay; (Barrymore) Wireimage/Getty Images.

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perfect *scents*

New fragrances that had us hooked after just one spritz.

Express makes its first foray into fragrance with **Love Express,** the sensory equivalent of their chic, feminine fashion. $45

The ripe mix of berries and peach in **Bath & Body Works Secret Wonderland** is fun and fruity, with coconut adding a tropical twist. $29.50

Mary Kay Thinking of You starts off sweet then settles softly with hints of patchouli and musk. $30

Fresh citrus notes in **Mark Celebrate** lift your spirits—an instant energy boost before any holiday gathering. $25

Take a world tour with **Victoria's Secret Bombshell,** which combines Tuscan grapes, Chinese yellow peonies and Brazilian purple passion fruit. $45

Just like the star's sweet yet fierce personality, **Beyoncé Heat Ultimate Elixir** has a little bit of spice with a floral flair. $59

A perfect balance between romantic and seductive—a touch of vanilla mellows the crisp mandarin in **Tocca Colette.** But we'd buy it for the vintage-style bottle alone. $68

Photos: Peter Ardito.

SEE BUYER'S GUIDE, PAGE 106.

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Vicks NyQuil. The nighttime, sniffling, sneezing, coughing, aching, fever, best sleep you ever got with a cold...medicine.

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HIGHLAND HERITAGE

Tartans take center stage this autumn. Wrap yourself up in a fringed plaid shawl over a thick cable-knit dress for warmth and style. Shawl, Lucky Brand, $169. Dress, WDNY, $98. Boots, Sperry Top-Sider, $140. Hat, San Diego Hat Co., $42. Tights, Kushyfoot, $8.

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SWEATER GIRL
Fair Isle makes a fashionable return for fall. This charming century-old motif adorns everything from hats to handbags. Sweater, American Living for JCPenney, $45. Pants, Mark, $26. Boots, 80%20, $155. Hat, Amici Accessories, $28. Bag, American Living for JCPenney, $40.

COLD COMFORT

WINTER'S NEW KNITS ARE BEGGING TO BE TOUCHED. THEY'RE SOFT, WARM AND COZY—PERFECT FOR THE COUNTRY GIRL IN ALL OF US. LAYER THEM WITH PLUSH SHEARLINGS AND FAUX SHEEPSKIN TO WARD OFF THE BIG CHILL.

BY JULI ALVAREZ

PHOTOGRAPHY BY
LISA LOFTUS

FAKIN' IT

Going faux-fur is guilt-free. Add just a touch to give any outfit a rich, sumptuous feel. Vest ($60) and sweater ($70), Jaclyn Smith. Pants, Eviana Hartman for Hessnatur, $118. Blanket, Pendleton, $124 (twin size).

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KNIT WIT

Sweater coats are the new must-haves. Pick one in a bold, folkloric pattern for an instant wardrobe update. *(Left)* Cardigan, Eddie Bauer, $199. Top, Zara, $60. Leggings, Hue, $34. Boots, the Frye Company, $248. Hat, Lands' End Canvas, $26.50. Bag, Zara, $90. Belt, Linea Pelle, $113. *(Right)* Sweater coat, Miguel Adrover for Hessnatur, $278. Dress, WDNY, $98. Bag, Decree by JCPenney, $25. Boots, Dirty Laundry, $69. Tights, Kushyfoot, $8.

TOWN & COUNTRY

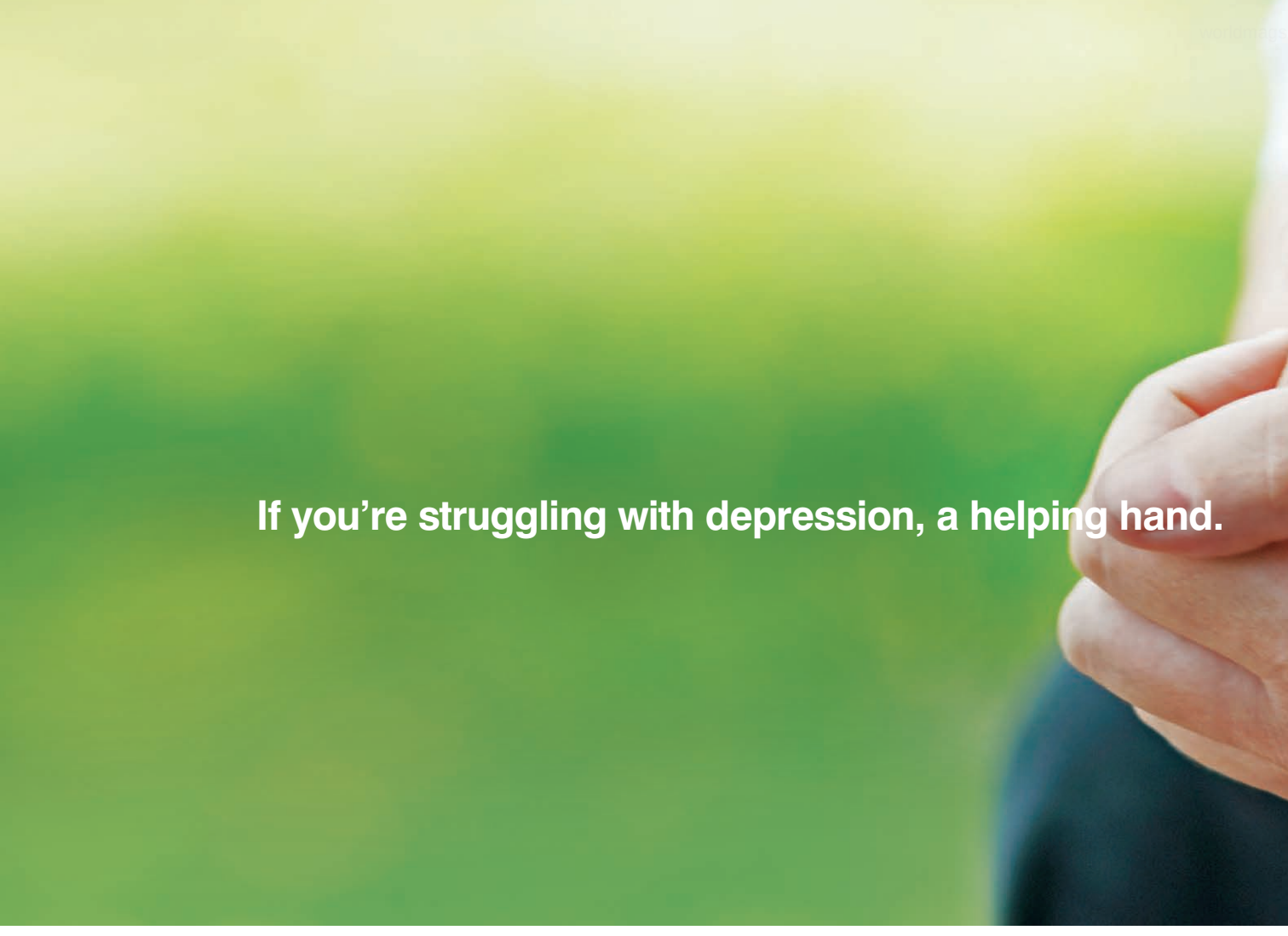
Take your style to the max in a long skirt and textured top layers. A rugged flat boot gives the look a stamp of approval. *(Left)* Aviator Jacket, Route 66, $50. Sweater, Spring + Mercer, $44. Skirt ($89) and hat ($69), Eddie Bauer. Boots, Born, $150. *(Right)* Coat, Dennis Basso, $127. Sweater, Aerie, $39.50. Skirt, Talbots, $119. Boots, Sperry Top-Sider, $75. Scarf, American Eagle Outfitters, $34.50. Bag, Esprit, $79.50.

Hair: Jay Palaniuk for contactnyc. Makeup: Kateri for Georgio Armani @ Ford Artists NYC.

CAPE TOWN

What's old suddenly looks cool again, like this tweedy topper. Perfectly paired with sleek separates and luxe leather gloves, it's one of the hits of the season. Cape ($128), sweater ($59.50), hat ($29.50), Loft. Pants, WDNY, $54. Boots, Sperry Top-Sider, $180. Gloves, Carolina Amato, $90.

SEE BUYER'S GUIDE, PAGE 106



Ask your doctor about Cymbalta and the Cymbalta Promise program.

When you're depressed, every day can feel like a struggle. It can be hard to feel like things are going to get better. And even harder to think about finding the right treatment option.

That's why we'd like you to know about the Cymbalta Promise program, designed to help you get started on Cymbalta. Try Cymbalta for up to 60 days. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment.

Talk to your doctor about Cymbalta and the Cymbalta Promise program.

To learn more about the Cymbalta Promise program and to enroll, visit our website at **www.cymbaltapromise.com** or call 1-877-CYMBALTA.

Cymbalta is approved for the treatment of depression.

Partnership for Prescription Assistance

If you need assistance with prescription costs, help may be available.
Visit www.pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Important Safety Information About Cymbalta

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- Have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- Have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- About all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported

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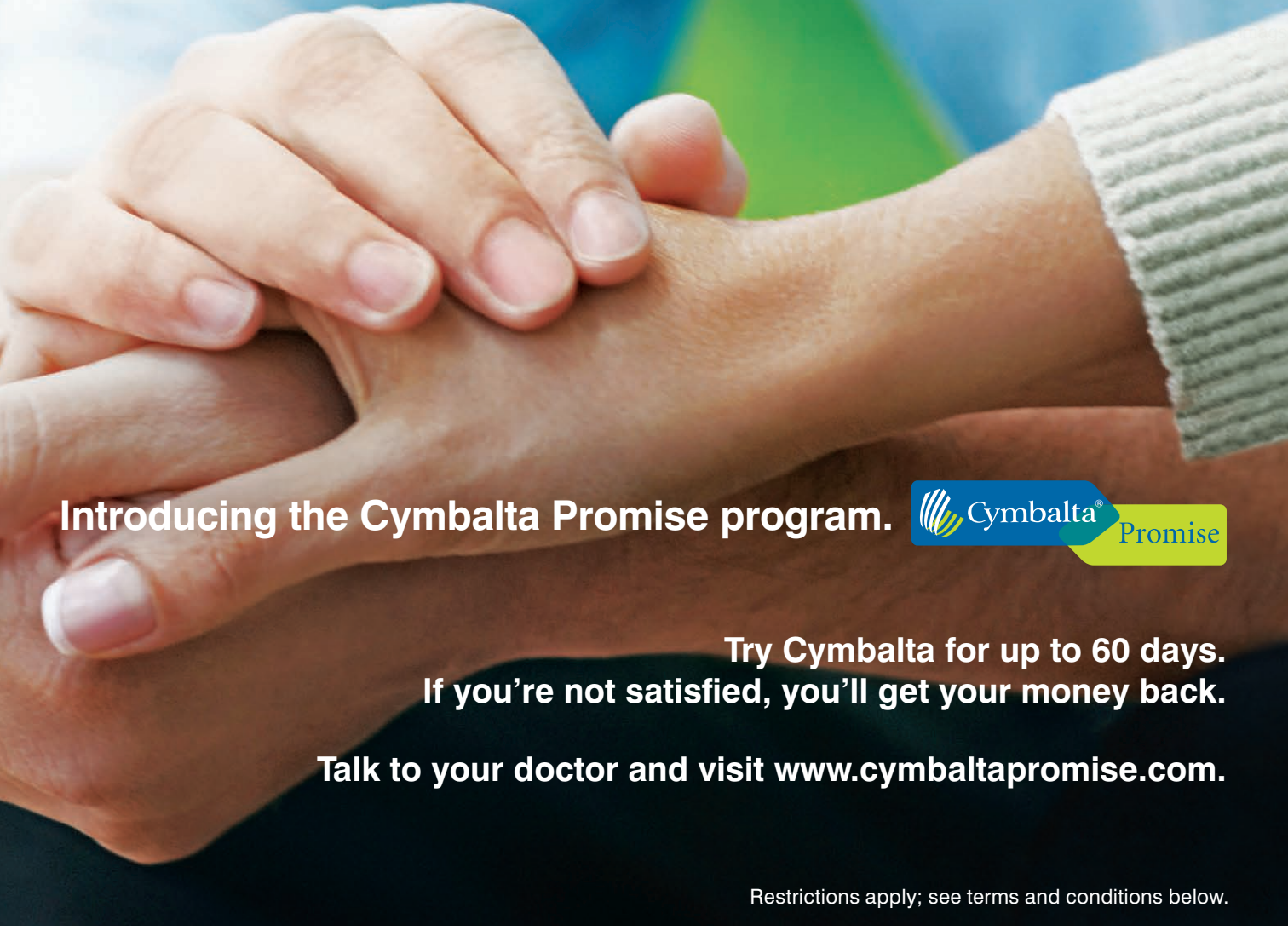

Important Safety Information (continued)

- About your alcohol use
- About all your medicines, including those for migraine to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- If you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- Before stopping Cymbalta or changing your dose
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta
- If you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- Nausea, dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

Terms and Conditions: Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of $700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.

Cymbalta® duloxetine HCl DELAYED RELEASE CAPSULES

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Information For Patients About Cymbalta

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, and fibromyalgia), the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist. Additional information can be found at www.cymbalta.com.

Eli Lilly and Company
Lilly Corporate Center
Indianapolis, IN - USA

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CIRCLE IT Take note of these exciting promotions and products

Nutty Bonbon Pops

Makes about 50 1-inch pops

INGREDIENTS:

- 1 cup (2 sticks) butter, softened
- 1½ cups smooth cashew butter*
- 1½ teaspoons pure vanilla extract
- ½ teaspoon fine grain sea salt
- 4 cups confectioners' sugar, sifted
- 1 pound (16 ounces) semisweet chocolate**, chopped or chips
- Chopped nuts, cocoa nibs or sprinkles for garnish

Equipment: pretzel, wooden popsicle or lollypop sticks (optional)

DIRECTIONS:

In large bowl, combine butters, vanilla and salt using an electric mixer. Add sifted confectioners' sugar one cup at a time, whipping to fully incorporate. Dough will be fluffy but firm; chill briefly if sticky.

Shape dough into 1-inch balls. Insert a pretzel or stick three-fourths of the way into each ball; place on parchment-lined baking sheets; refrigerate at least one hour or overnight.

Place chocolate in small microwave-safe bowl. Microwave 30 seconds on high, stir and continue to microwave in 10- to 20-second intervals, stirring after each until chocolate is melted and smooth. Dip pops in melted chocolate up to the stick, allowing excess chocolate to drip off; sprinkle or dip bottom of pop in garnishes and return to parchment-lined baking sheet to allow chocolate to set or refrigerate pops briefly.

Store pops in airtight container at room temperature for up to 1 week.

*Any nut butter may be substituted; try almond, hazelnut or peanut butter.

**Bittersweet, milk or white chocolate may be substituted.

Visit butterisbest.com for more recipes.

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Bayer One A Day® Women's

Get more of what matters to you as a woman. Add One A Day® Women's to your routine. It's a complete multivitamin that has Calcium and more† Vitamin D to support bone and breast health.*

ONE A DAY®

†Compared to previous formula.

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HEALTH

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Photo: Kristiane Vey/Jump Foto.

Social Studies

A chat a day may keep the doctor away. According to new research, people who talk with their husband, wife or friends on a daily basis are 50% more likely to live longer than those who don't. "When you're connected to people, chances are you'll take better care of yourself and be less likely to participate in risky behavior," says Julianne Holt-Lunstad, associate professor of psychology at Brigham Young University in Provo, Utah, and the study's lead author. Talk may be cheap but it's good for your health.

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→ BY JANE BIANCHI

70%

of people don't get enough magnesium, a mineral that boosts energy levels as well as heart and muscle function.

"It's important you get the recommended 320 mg a day," says Lisa Dorfman, R.D., a professor of exercise and sport science at the University of Miami in Florida. A multivitamin provides only 10% to 25% of the daily allowance, so fill up on magnesium-rich foods (like black beans, spinach and halibut), and ask your doctor about taking a supplement.

MAGNESIUM COUNTER To check how much magnesium you consume, use the calculator at **slowmag.com.**

→ CURE FOR BREAST CANCER?

Within 10 years a breast cancer vaccine may be available, says Vincent Tuohy, M.D., an immunologist at Cleveland Clinic. Dr. Tuohy is working on one that causes the immune system to attack a protein often found in breast cancer cells. In a study using cancer-prone mice, none of those injected with the vaccine had tumors after 10 months—while all the mice given a placebo developed signs of the disease. Once funding is approved testing will begin on humans.

DIET "DO" People who glance at the items highlighted (at right) on packaging eat fewer total calories, more fiber, and less fat, cholesterol, sodium and sugar than people who don't.

READ UP

Before you toss a grocery item into your cart, take a closer look at the label. Ignoring the nutritional information, like many people do, can cause weight gain and eventually jeopardize your health, says a new study.

62% → Read the Nutrition Facts panel

52% → Examine the list of ingredients

47% → Look at the serving size

44% → Review the health claims

Q+A

MY 45-YEAR-OLD HUSBAND HAS BEEN TIRED, MOODY AND NOT THAT INTERESTED IN SEX. WHAT COULD BE WRONG?

The symptoms you describe are usually associated with menopausal women, but they can occur in men too. Testosterone begins to drop in males after age 40. "When levels dip some men experience a lack of energy and low libido, plus moodiness," says Robert Brannigan, M.D., a urologist at Northwestern Memorial Hospital in Chicago. "This condition, male hypogonadism, impacts 5 million men—yet 95% of cases go undiagnosed because symptoms are ignored." A simple blood test will reveal whether your husband needs testosterone replacement therapy—through a daily gel or patch, a weekly or monthly shot, or a pellet that's injected into the buttocks two to four times a year.

Photos (from top): Schieren-Stockfood Munich/Stockfood; Corbis Premium RF/Alamy.

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HUNGER • FREE
families
A program of FEEDING AMERICA

Helping Families in Need

As she tinkers with the wedding ring on her finger, 38-year-old Lydia smiles and thinks about Bobby. "When my husband passed away it was like a waking call that you really have to enjoy life like this was the last day," she says. Four years have lapsed since Bobby succumbed to complications from multiple strokes, leaving Lydia to care for the three children she had by him.

The two met in Tijuana in the late 90's when Lydia was a computer engineering student. After completing her studies, she moved with Bobby to San Diego where he worked as a police officer. Soon after the birth of their eldest son, the young couple relocated to Salt Lake City following a stroke that left Bobby incapable of field work. Lydia found herself asking Hildegard's Food Pantry, an agency of the Utah Food Bank, for assistance when Bobby's new job as a security officer couldn't keep the growing family afloat.

Today, Lydia is the director of the same church-affiliated pantry that she once turned to for help. She brings to her role an empathy borne from her own past. "… I've been down the road, [went through the] same thing coming here with nothing, going to get services from the pantry to feed my kids," she says of her past circumstances. "I'm thankful for every day…. And I think I'm getting some help up there from my husband who is watching over me."

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The **Honeysuckle White®** brand is dedicated to helping families like Lydia's. In addition to our company's donation, we are urging others to get involved in the fight against hunger in their communities. Whether it's donating money or volunteering at your local food bank, there are many ways you can make a difference. By simply visiting our Facebook page, you can find even more ways to get you, your friends and family involved with the cause.

Learn more at www.facebook.com/honeysucklewhiteturkey

Hunger-Free Families is a program of Feeding America®, the nation's leading domestic hunger relief charity. Feeding America provides low-income families and individuals with the fuel to survive and even thrive. Serving the entire United States, more than 200 Feeding America member food banks support 61,000 agencies that address hunger in all of its forms. For more information on how you can fight hunger in your community and across the country, visit www.feedingamerica.org or www.HungerFreeFamilies.org.

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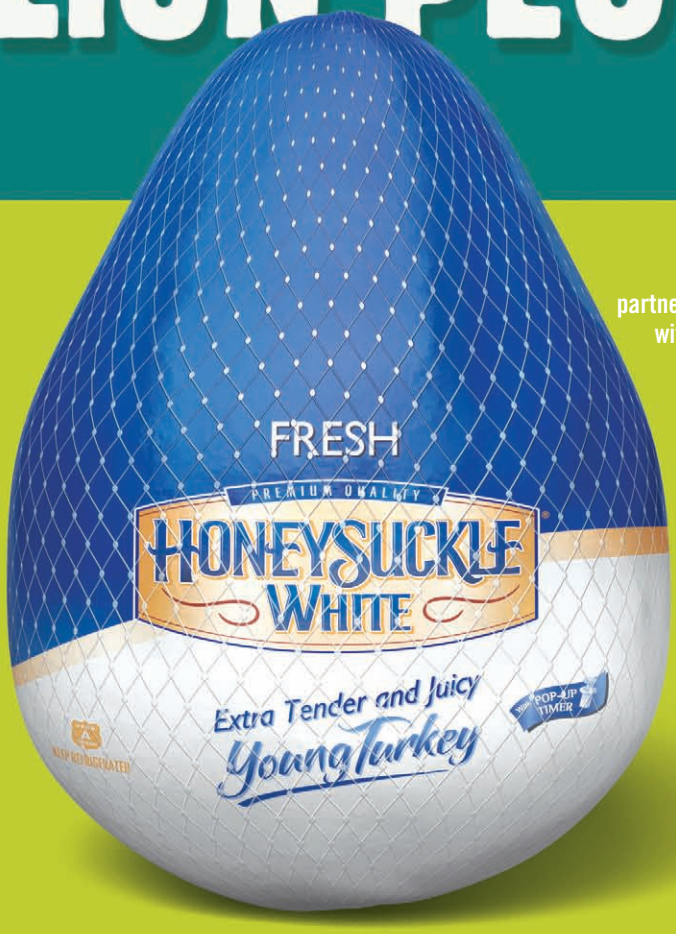

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Like us on Facebook, and join us in the fight against hunger. Go to **www.facebook.com/honeysucklewhiteturkey** today to find out how to get involved.

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→ BY CAREN OPPENHEIM

Step INSIDE

Exercising in place in front of your television can burn hundreds of calories.

Just because the weather is changing doesn't mean your fitness routine has to stop. "We all need 30 minutes or more of physical activity most days of the week," says **JULIA VALENTOUR,** a personal trainer and program coordinator for the American Council on Exercise. "So when it isn't practical to be walking outdoors, it's important to find creative ways to get moving inside." Valentour suggests inviting a friend over and following the 30-minute plan below to increase your energy and keep off the pounds during the cold winter months.

››› INDOOR WALKING ROUTINE

MINUTES	THE MOVE
0:00-2:00 »	**Heel taps:** Alternate tapping your right and left heels out in front of you.
2:01-4:00 »	**High knees:** Lift your right knee and raise both arms overhead. Continue, alternating legs.
4:01-6:00 »	**Jumping jacks.** Keep it at a low intensity.
6:01-8:00 »	**Stairs:** Go up and down a flight of steps. If you don't have stairs, consider investing in an exercise step.
8:01-10:00 »	**Brisk walk:** Move around your home quickly, focusing on your breathing.
10:01-12:00 »	**Squats:** Stand with legs shoulder-width apart (hold on to the back of a chair if necessary). Lower your body so thighs are parallel to the floor while feet stay flat. Hold for 20 seconds. Stand and repeat.
12:01-14:00 »	**Brisk walk.**
14:01-16:00 »	**Bird dogs:** Get on all fours with hands directly below your shoulders. Slowly raise and straighten your left leg out and your right arm forward so they're parallel to the floor. Repeat with your opposite leg and arm.
16:01-18:00 »	**Brisk walk.**
18:01-20:00 »	**Glute bridge:** Lie on your back with knees bent and feet flat on the floor hip-width apart. Gently contract your glutes and raise your hips, forming a straight line from your shoulders to knees. Lower and repeat.
20:01-22:00 »	**Brisk walk.**
22:01-24:00 »	**Plank:** Lie on your stomach. Lift your body into a push-up position (arms straight but not locked) while maintaining a straight line from head to toes. Avoid sagging your lower back, raising your hips or bending your knees. Hold for 10-30 seconds. Lower and repeat.
24:01-26:00 »	**Brisk walk.**
26:01-30:00 »	Cool down with these three yoga poses. **Downward dog:** Get on all fours with your palms flat on the floor, hands shoulder-width apart and toes curled under. Lift your buttocks and straighten your legs. Relax your head and neck between your shoulders and attempt to put your heels flat on the floor. Your body will form an inverted V. **Cobra:** From the previous position, lower onto your stomach, legs flat on the ground and toes pointed. Straighten your arms and lift your chest away from the ground so your lower back is arched. **Child's pose:** End by bringing your body to a kneeling position and sit on your feet, which should be pointed outward. Reach your arms forward and place your forehead on the floor.

>>>>>>>> **GIVEAWAY** Tell us about your most creative indoor workout plan at **momster.com/fc/indoorworkout**. If Julia Valentour picks yours as one of her five favorites, you'll receive a $100 gift card for Shoebuy.com.

HIT THE MALL

When **ANGELA D. MYLES** of Sanborn, New York, was diagnosed with type 2 diabetes eight years ago she knew she needed to make some serious changes. "I'd been overweight my whole life," says Angela, now 40. "I began walking once around the inside of my local mall three times a week before the stores opened." Her son (pictured above with Angela), who was 9, went along to help motivate her. Soon she added two more days to her routine. She combined the walking with modifications to her diet and yoga classes, all helping her lose 65 pounds. "Mall walking worked because I couldn't use bad weather as an excuse," Angela says.

Photo (top): Jump Foto.

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Your child could be

oneless

person affected by HPV disease.

Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®

[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com **1-800-GARDASIL**

Talk to your child's doctor today.

patient assistance program

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USPPI 9883613

Patient Information about GARDASIL® (pronounced "gard-Ah-sill")

Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

Can other vaccines and medications be given at the same time as GARDASIL?
GARDASIL can be given at the same time as RECOMBIVAX HB®[1] [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

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→ BY JANE BIANCHI

Q&A NICK JONAS
UP CLOSE AND PERSONAL

Eighteen-year-old Nick Jonas, the youngest member of the Jonas Brothers band, is used to selling out arenas, making tween and teen girls scream, and battling type 1 diabetes. In this exclusive *Family Circle* interview, Nick reveals what it's like living with the all-too-common disease.

Q: November isn't only National Diabetes Month—it also marks the fifth anniversary of finding out you have type 1 diabetes. How did that happen?
A: When I was 13 and on tour with my brothers, I lost 15 pounds in two weeks and was thirsty all the time. I also had a bad attitude—which was rare for me. My parents took me to a doctor, and we learned that my blood sugar was dangerously high. I was rushed to a hospital, where they made the diagnosis.

Q: What was your reaction?
A: At first I was afraid. I didn't know if I was going to die. But once I realized the disease can be managed, I started to feel better.

Fast Fact
15,000 kids in the U.S. under age 20 are diagnosed with type 1 diabetes each year.

Q: Did you find it awkward telling your friends you are diabetic?
A: I'm not ashamed. It's not something I could have helped or even something I want to hide. It has become a part of my everyday life and a part of who I am. Being honest about the disease with people who are close to me is key to being comfortable with it myself.

Q: Does anyone else in your family have diabetes?
A: Actually, yes. I've never talked about this before, but my grandfather was recently diagnosed with type 2 diabetes. It was such a shock. First I felt sad for him, because it's not something that's fun to live with, but he's strong enough to get through it. And now that I know a lot about diabetes, I can help him. We were always close, but sharing this disease makes me feel connected to him in a different way.

Q: What advice would you give to kids living with diabetes?
A: Rely on others. You can be the most independent person in the world, but if you ever need help, don't be afraid to say so. ●

LEND A HAND
Learn more about diabetes and support a cause Nick believes in by visiting changefor thechildren.org.

FamilyCircle.com To read the full-length interview, check out familycircle.com/nickjonas

TWO TYPES Both type 1 and type 2 diabetes are lifelong conditions that develop when the body fails to process sugar correctly. Type 1 (also known as juvenile diabetes) usually strikes children and young adults, and the exact cause is unknown. Type 2 can strike at any age, but eating healthy and exercising regularly may help reduce risk. For more info, go to diabetes.org.

Photo: Mary Ellen Matthews for Bayer Diabetes Care.

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LIVE WELL.

→ BY ALLISON BAKER

NATURAL SELECTION

Organic foods are typically high in nutrients, low in pesticides and better for the environment. But that doesn't mean they have fewer calories or less fat than other eats. In fact, assuming that organic means lighter can be a diet pitfall. In a recent study, participants thought they could eat more of cookies "with organic flour" than the regular variety even though they had the exact same calorie count. Bottom line: If you are trying to lose weight, focus on slashing portion size, limiting bad fats and exercising more.

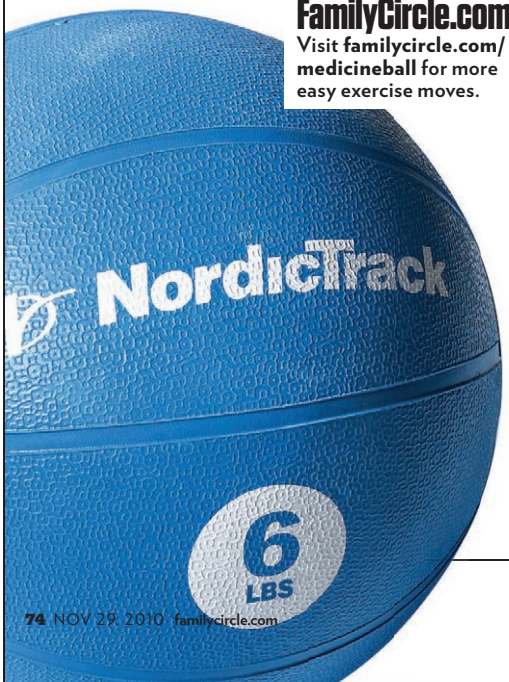
[FC WEIGHS IN]

DO THE TWIST

Give your regular weights a day off. Medicine balls are a fun alternative and since they don't have handles, your muscles have to work a little harder to grip them, which leads to even more toning, says Pete McCall, a personal trainer and exercise physiologist for the American Council on Exercise.

Grade: A Start with a 4- to 6-pound ball (NordicTrack Medicine Ball, nordictrack.com, $29) and this simple move; doing it three times a week will tighten your abs and tone your arms. Sit on the floor with your knees bent, feet together and heels on the floor while holding a medicine ball close to your body. Keep your back straight and upright. Rotate your torso to one side, keeping the ball close to you. Pause briefly and turn to the other side. Do 2 sets of 8 to 12 reps.

FamilyCircle.com
Visit **familycircle.com/medicineball** for more easy exercise moves.



[SMART SWAP]

Panda Express

PUT DOWN
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EAT UP
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Photo (granola bar): Scott Little.

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NEW

If you could turn back time...

INTRODUCING

GNC LONGEVITY FACTORS™

Our first and only complete line of nutritional supplements designed to help you age well.

Dr. Joseph Maroon
World-renowned neurosurgeon,
nutritional expert and author.
Member of the GNC Medical Advisory Board

"Who doesn't wish they could turn back time to live a younger, healthier life? Five factors influence your health and longevity. Except for the genes you inherit, four factors are in your control: your nutrition, activity level, environment and degree of emotional stress in your life. While you can't stop aging, more and more we're finding that your nutrition has a tremendous impact on how well you age through gene activation and gene protection."

GNC nutrition experts worked with Dr. Maroon to develop GNC Longevity Factors, a unique line of seven nutritional supplements that support very specific aspects of aging.

GNC Longevity Factors is designed to ensure you receive the key nutrients that either provide antioxidant cellular protection, muscle supporting gene activation or fight premature cell aging.

Advanced, high-potency formulas, clinically researched ingredients and powerful polyphenols, such as resveratrol, work to decrease cell damage and support heart health, eye health, brain health, memory, strength and agility.

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FOOD

→ HEALTHY MEALS → DELICIOUS DESSERTS → QUICK COOKING SOLUTIONS

Simple Starter

Kick off your Thanksgiving feast with a new appetizer (or two!). Your guests will love this easy, impressive-looking cheese spread. To make: Roll a 10-ounce log of goat cheese in ½ cup coarsely chopped pomegranate-infused dried cranberries. Wrap in plastic and refrigerate. Serve with a few varieties of plain and whole-wheat crackers (such as Baked Whole Grain Wheat Rosemary & Olive Oil Triscuits) or sliced baguette. For more easy holiday hors d'oeuvre ideas, just turn the page.

Food styling: Susan Sugarman/ArtistRepInc. Prop styling: Deborah Williams.

PHOTOGRAPHY BY **YUNHEE KIM**

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→ BY ALLISON BAKER

MORE PARTY BITES

›› Roast Beef Pinwheels
Spread a rectangular wrap with 2 tablespoons light horseradish mayonnaise. Top with 6 slices deli roast beef and ½ cup baby spinach. Starting with a short end, roll up tightly. Wrap in plastic; refrigerate. Cut into ¾-inch slices to serve.

›› Buffalo Chicken Sausages
Grill 1 package fully cooked Buffalo Style Chicken Sausage, then cut on the diagonal into bite-size pieces. Serve with reduced-fat blue cheese dressing and celery sticks.

›› Savory Shrimp Dip
Mix together ½ pound chopped cooked shrimp, 1 package (8 ounces) softened reduced-fat cream cheese, ½ cup chopped roasted red peppers, 2 chopped scallions and ⅛ teaspoon *each* salt and pepper. Serve with crudités and crackers.

FC PICKS →

GRAPE EXPECTATIONS

Complement your feast with these excellent under-$20 wine selections.

2008 Estancia Monterey County Pinot Noir
A subtle, medium-bodied red that pairs perfectly with turkey. $16

Petit Rimauresq Rosé
Uncork this dry French wine to serve with dessert. $15

Kendall-Jackson Vintner's Reserve Chardonnay
If you prefer white, try this crisp varietal. $14

Text **FC TURKEY** to **76477 (S-N-I-P-P)** to watch our food director offer a great turkey tip. The first 100 people to text will receive a coupon for a free Honeysuckle White or Shady Brook Farms turkey. (See page 106 for rules.)

When it comes to the big Thanksgiving meal, Motherboard moms:

Get ready in advance.
53%
shop for ingredients about a week prior.

Make it a family affair.
43%
involve their children in the menu planning.

Go traditional.
44%
insist on a sit-down meal with everyone together—no TV allowed!

Prepare most dishes from scratch.
97%
whip up their own side dishes and nearly as many cook the turkey.

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3 new ideas FOR LEFTOVER TURKEY

① To make a simple curried turkey salad, combine 3 cups cubed cooked turkey, ½ cup light mayo, ½ teaspoon hot curry powder, 1 cup quartered red grapes and ½ cup toasted sliced almonds. Cover and refrigerate 1 hour.

② For a Southwestern twist on grilled cheese, make a sandwich with sourdough bread, slices of turkey and Jack cheese, and bottled chipotle mayo.

③ An easy chili: Combine 2 cans (15 ounces each) vegetarian chili, 3 cups cubed cooked turkey and 2 tablespoons chopped cilantro. Gently heat. Serve with flour tortillas and garnish with sliced scallions and shredded cheddar.

Photo (main): Yunhee Kim. Food styling: Susan Sugarman/ArtistRepInc. Prop styling: Deborah Williams. Illustration: Barry Falls.

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THE ULTIMATE *thanksgiving* FEAST

Delicious recipes for the classics plus dozens of new ideas that bring a little something extra to the table.

Photography by Yunhee Kim

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page 88

→ CLASSIC

TURKEY WITH PAN GRAVY

MAKES 12 servings
PREP 15 minutes **ROAST** at 350° for 3½ to 4 hours **COOK** 3 minutes

① Position rack in lowest third of oven. Heat to 350°. Prep a **14-pound turkey** per "Talking Turkey," page 94. Rub with 1 tbsp **vegetable oil.** ② Spread 4 cups **onions,** coarsely chopped, in a large roasting pan. Place turkey on top. ③ Roast at 350° for 30 minutes. Add 1 cup **chicken broth.** Roast 3 to 3½ hours, (see page 94). Tent with foil if browning too quickly. Remove to platter. ④ **Gravy.** Strain drippings into bowl. Skim fat. Melt 2 tbsp **butter** in saucepan. Stir in ¼ cup **flour.** Whisk in 2 cups strained pan juices and 2 cups **chicken broth.** Add ½ cup **dry white wine** and ½ tsp **salt;** simmer, stirring, until thickened, 2 to 3 minutes.

→ HEALTHY

HERITAGE TURKEY WITH CRAN-ORANGE GLAZE

MAKES 12 servings
PREP 15 minutes
ROAST at 350° for 2¾ to 3 hours

① Heat oven to 350°. Prep a **12- to 13-pound heritage turkey** (see **Note**) per "Talking Turkey," page 94. Season all over and inside cavity with 1 tsp *each* **salt** and **pepper.** Stuff with 1 *each* quartered **onion** and **orange,** 4 sprigs *each* fresh **sage** and **thyme.** ② Roast on a rack in a roasting pan at 350° for 2¾ to 3 hours (see page 94). ③ Melt 1 can (8 ounces) **jellied cranberry sauce,** ¼ cup **orange marmalade,** 2 tbsp **honey,** 1 tbsp **lemon juice** and ½ tsp fresh **thyme** in a pan. Brush on turkey during last hour of cooking.
Note: Heritage turkeys are purebred, pasture-raised and free-range (which makes them more flavorful).

→ TEX-MEX

SPICE-RUB TURKEY

MAKES 12 servings
PREP 15 minutes **ROAST** at 350° for 2¾ hours **COOK** 3 minutes

① Heat oven to 350°. Rub ¼ cup **taco seasoning** (from 1.25-oz packet) under and over skin of **13.5-pound turkey.** ② Peel and quarter 1 large **onion.** Place 2 quarters in cavity and 2 under loose flap of skin near wings. Tie legs, then transfer turkey to a rack in a large roasting pan. Pour in ½ cup **water.** Bake at 350° for 2¾ hours (see page 94). ③ **Gravy.** Remove turkey from pan to platter. Pour pan juices into fat separator. Skim off fat, returning 3 tbsp to pan. Over medium heat, whisk in 3 tbsp **flour.** Carefully whisk in ½ cup strained pan juices and 1½ cups **low-sodium chicken broth.** Cook 3 minutes, until thickened.

→ INDULGENT

DEEP-FRIED TURKEY

MAKES 8 servings **PREP** 15 minutes **COOK** 40 minutes

① Prep a 10-pound **turkey** (see page 94). Dry well. Coat turkey all over with 2 tbsp **turkey rub** (such as McCormick). Allow to sit at room temperature for about 45 minutes. Place turkey in fry basket. ② Heat 3 to 5 **gallons peanut oil** in a turkey fryer or a very large stockpot to 350°. Carefully lower fry basket into oil, making sure turkey is fully submerged. Fry for 40 minutes or 4 minutes per pound. ③ Remove turkey from oil; let rest for 10 minutes on paper towels.

→ SPEEDY

LEMONY TURKEY BREAST & GRAVY

MAKES 8 servings **PREP** 15 minutes **ROAST** at 425° for 30 minutes, then 325° for 50 minutes **COOK** 24 minutes

① Heat oven to 425°. Blend 3 tbsp **butter,** 3 tsp **lemon zest,** 2 tsp **dried thyme,** ¾ tsp **salt** and ¼ tsp **black pepper.** Rub half under skin of a 5-pound **bone-in turkey breast** and other half on outside of skin. ② Place turkey on rack in roasting pan and pour in 1 cup **water.** ③ Roast turkey at 425° for 30 minutes. Reduce oven to 325°; roast 50 minutes or until breast registers 160°on an instant-read thermometer. Rest 20 minutes. ④ Pulse 1 *each* **carrot, celery stalk** and **small onion,** halved, in a food processor until finely chopped. ⑤ Melt 4 tbsp **unsalted butter** over medium-high heat. Add veggies; cook 7 minutes. Add ¼ cup **flour;** cook, stirring, 4 minutes. Lower heat to medium. Whisk in 3 cups **low-sodium chicken broth,** 1 tbsp **lemon juice,** ½ tsp salt and ⅛ tsp **pepper;** simmer for 13 minutes; strain well.

PER SERVING OF ANY VARIETY WITH SKIN (APPROX.) 493 calories; 16 g fat (5 g sat.); 78 g protein; 4 g carbohydrate; 0 g fiber; 347 mg sodium; 326 mg cholesterol

Our Turkey with Pan Gravy couldn't be simpler: Just brush with vegetable oil, then roast in oven.

Food styling: Susan Sugarman/ArtistRepInc. Prop styling: Deborah Williams.

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For this Fresh Sage Stuffing, cut two loaves of Italian bread into cubes, then toast in the oven for 15 minutes.

→ CLASSIC

FRESH SAGE STUFFING

MAKES 8 servings
PREP 15 minutes **COOK** 5 minutes
BAKE at 350° for 45 minutes

① Heat oven to 350°. Coat a 13 x 9 x 2-inch baking dish with nonstick spray. ② Heat 2 tbsp **butter** in a large skillet. Add 1½ cups *each* finely chopped **onion** and **celery;** cook until softened, 5 minutes. ③ Mix 8 cups toasted **bread cubes,** 3 tbsp chopped **sage,** ½ cup chopped **parsley,** 1 tsp **salt** and ½ tsp **pepper** in large bowl. Add onion mixture and 6 tbsp melted **butter.** Add ½ to 1 cup **chicken broth,** a little at a time, tossing. Add only enough to moisten; too much will make stuffing mushy. ④ Bake at 350° in prepared dish, covered, 30 minutes. Uncover. Bake for 15 minutes or until browned.

PER SERVING 243 calories; 13 g fat (7 g sat.); 5 g protein; 27 g carbohydrate; 2 g fiber; 649 mg sodium; 31 mg cholesterol

→ HEALTHY

BULGUR STUFFING

MAKES 10 servings
PREP 15 minutes **COOK** 21 minutes **MICROWAVE** 2 minutes

① Heat 1 tbsp **oil** in large pot. Add 3 cups chopped **onion,** 1 cup chopped **celery** and 2 cloves chopped **garlic;** cook over medium heat 6 minutes, stirring. ② Add 2 cups **bulgur,** 3 cups **low-sodium chicken broth,** ½ tsp **poultry seasoning** and ¼ tsp **salt;** cover. Simmer 15 minutes, until bulgur is tender. ③ In small bowl, microwave ⅔ cup **dried cranberries** and ¼ cup **orange juice,** covered, 2 minutes. Stir into bulgur with ⅔ cup chopped toasted **walnuts,** ¼ cup chopped **parsley** and ¼ tsp **pepper.**

PER SERVING 215 calories; 7 g fat (1 g sat.); 6 g protein; 35 g carbohydrate; 7 fiber; 256 mg sodium; 2 mg cholesterol

→ TEX-MEX

ZESTY CORNBREAD STUFFING

MAKES 10 servings
PREP 15 minutes **BAKE** at 400° for 20 minutes; 350° for 1 hour

① Heat oven to 400°. Prepare 2 boxes (8.5 oz each) **cornbread mix** (such as Jiffy) per package directions. ② Bake at 400° for 20 minutes or until toothpick inserted in center comes out clean. ③ Cool completely on wire rack. ④ Reduce oven heat to 350°. Coat a 2-quart baking dish with nonstick cooking spray. ⑤ Cut cornbread into ½-inch cubes (10 cups). Place in bowl with 1 can (11 oz) **Mexicorn,** drained, 6 thinly sliced **scallions,** 2 cups **low-sodium chicken broth,** 1 cup shredded **pepper Jack cheese,** 1 tbsp **dried oregano** and ¾ tsp **cumin;** stir until blended. ⑥ Pour mixture into dish; bake at 350° for 50 minutes. Top with ¼ cup shredded **pepper Jack cheese;** bake 10 minutes.

PER SERVING 314 calories; 12 g fat (6 g sat.); 9 g protein; 43 g carbohydrate; 1 g fiber; 735 mg sodium; 61 mg cholesterol

→ INDULGENT

SAUSAGE, APPLE & LEEK STUFFING

MAKES 8 servings **PREP** 15 minutes **COOK** 22 minutes
BAKE at 350° for 50 minutes

① Heat oven to 350°. Coat a 13 x 9 x 2-inch baking pan with nonstick spray. ② Place a large nonstick skillet over medium-high heat. Remove casings from ¾-pound **sausage** and crumble into skillet. Cook 7 minutes or until no longer pink. Remove sausage to a large bowl with a slotted spoon. ③ Add 2 tbsp **unsalted butter** to skillet. Add 3 **leeks,** trimmed, washed and cut into ½-inch half-moons; 2 **celery stalks,** finely chopped; and ¼ tsp *each* **salt** and **black pepper** and cover. Cook, stirring occasionally, for about 10 minutes or until softened. ④ Stir in 2 **Granny Smith apples,** cored, peeled and cut into ½-inch pieces; ½ tsp **dried thyme;** and ¼ tsp *each* **salt** and **pepper;** cook 5 minutes, stirring occasionally. ⑤ Add to sausage. Stir in 8 cups cubed **stale white bread,** 1½ cups **low-sodium chicken broth,** ½ cup **half-and-half** and ¼ cup chopped **parsley.** ⑥ Pour mixture into prepared pan and bake at 350° for 50 minutes or until lightly browned on top.

PER SERVING 423 calories; 20 g fat (8 g sat.); 13 g protein; 48 g carbohydrate; 3 g fiber; 1,081 mg sodium; 48 mg cholesterol

→ SPEEDY

CARROT & BACON STUFFING

MAKES 8 servings **PREP** 15 minutes **COOK** 5 minutes

① Bring 2 cups **water,** ½ cup **golden raisins** and 2 tbsp **unsalted butter** to a boil. ② Stir in 4 cups **herb stuffing mix** and 1 cup **grated carrot;** cover, remove from heat and let sit 5 minutes. Remove cover and stir in 8 slices cooked **bacon,** crumbled; serve immediately.

PER SERVING 279 calories; 14 g fat (5 g sat.); 6 g protein; 32 g carbohydrate; 3 g fiber; 600 mg sodium; 23 mg cholesterol

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Many think it's not Thanksgiving without a Green Bean Bake, created by Campbell's in 1955.

→ CLASSIC

GREEN BEAN BAKE

MAKES 6 servings
PREP 15 minutes
BAKE at 350° for 30 minutes

① Heat oven to 350°. Coat a 1½-quart casserole dish with nonstick cooking spray. ② Mix 1 can (10¾ oz) **cream of mushroom soup,** ½ cup **milk,** 1 tsp **soy sauce,** and a pinch **black pepper.** Stir in 2 packages (9 oz each) **frozen green beans,** cooked and drained; and 1 can (2.8 oz) **French-fried onions.** Bake at 350° for 20 minutes. Stir well. Top with another can (2.8 oz) **French-fried onions.** Bake for 10 minutes.

PER SERVING 256 calories; 17 g fat (5 g sat.); 2 g protein; 21 g carbohydrate; 3 g fiber; 648 mg sodium; 4 mg cholesterol

→ HEALTHY

GREEN BEAN & SHIITAKE CASSEROLE

MAKES 8 servings
PREP 15 minutes
COOK 14 minutes
BAKE at 350° for 14 minutes

① Cook 2 pounds **green beans** in boiling water for 7 minutes or until tender. Drain and place in a greased 13 x 9-inch baking dish. ② In a large skillet, melt 2 tbsp **butter;** cook 1 pound sliced **shiitake mushrooms** and 4 cloves chopped **garlic** for 5 minutes, stirring occasionally. Sprinkle on ¼ cup **flour,** ¾ tsp **salt,** ¼ tsp **pepper** and ⅛ tsp dried **thyme.** ③ Gradually stir in 3 cups 2% **milk** and simmer 2 minutes. Pour sauce over beans; scatter 1 cup **Seneca crisp onions** over top. Bake at 350° for 14 minutes.

PER SERVING 211 calories; 10 g fat (3 g sat.); 7 g protein; 25 g carbohydrate; 4 g fiber; 337 mg sodium; 15 mg cholesterol

→ TEX-MEX

3-BEAN SALAD

MAKES 8 servings **PREP** 15 minutes **COOK** 5 minutes

① In a small bowl, whisk together ¼ cup **lime juice,** 2 tbsp **rice vinegar,** 2 tsp **lime zest,** 1 tsp **cumin** and ¼ tsp *each* **salt** and **black** pepper. Slowly drizzle in ¼ cup **olive oil** and whisk until combined; set aside. ② Bring a large pot of lightly salted water to a boil. Add 1½ pounds **green beans,** trimmed and cut into 1-inch pieces, to pot and cook 5 minutes; drain and place in a large serving bowl. ③ Add 1 can (15.5 oz) drained and rinsed **black beans** and 1 can (15.5 oz) drained and rinsed **kidney beans** to serving bowl. Drizzle with lime dressing and stir until well coated.

PER SERVING 187 calories; 7 g fat (1 g sat.); 8 g protein; 27 g carbohydrate; 10 g fiber; 299 mg sodium; 0 mg cholesterol

→ INDULGENT

HARICOT VERTS WITH BACON & BRUSSELS SPROUTS

MAKES 8 servings
PREP 15 minutes
COOK 20 minutes

① Bring a pot of lightly salted water to a boil. Cook **1 pound trimmed haricot verts** about 5 minutes; drain and set aside. ② Cook 6 slices **bacon,** cut crosswise into ¼-inch slices, in a large nonstick skillet over medium-high heat for 8 minutes or until crisp. Remove to a paper towel–lined plate with a slotted spoon. ③ Melt 1 tbsp **unsalted butter** in skillet. Add 1½ pounds **Brussels sprouts,** trimmed and cut from top to bottom into ¼-inch slices, to skillet and sprinkle with ¼ tsp *each* **salt** and **pepper.** Cook, stirring, for 5 minutes or until lightly browned. Stir in haricot verts and bacon, and cook until warmed through, about 2 minutes. Sprinkle with additional salt, if desired.

PER SERVING 145 calories; 9 g fat (4 g sat.); 6 g protein; 12 g carbohydrate; 5 g fiber; 239 mg sodium; 15 mg cholesterol

→ SPEEDY

GREEN BEAN & SHALLOT SAUTÉ

MAKES 8 servings **PREP** 10 minutes **MICROWAVE** 11 minutes **COOK** 4 minutes, 30 seconds

① Microwave 2 bags (12 oz each) **steam-in-bag green beans** separately for 4 minutes each, then let sit 2 minutes before removing from microwave; drain beans and set aside. ② Place ¼ cup **pine nuts** on a plate and microwave for 3 minutes, stirring halfway through, or until lightly toasted; set aside. ③ Heat 1 tbsp **canola oil** in a large nonstick skillet over medium-high heat and cook **2 garlic cloves,** minced, 30 seconds. Add 3 **shallots,** thinly sliced, to pan and cook 2 minutes. Stir in green beans, ¼ tsp *each* **salt** and **black pepper,** and cook 2 minutes or until heated through. ④ Remove from heat and stir in ¼ cup **reduced-fat red wine vinaigrette;** sprinkle with pine nuts and serve immediately.

PER SERVING 382 calories; 7 g fat (1 g sat.); 22 g protein; 62 g carbohydrate; 14 g fiber; 166 mg sodium; 0 mg cholesterol

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→ CLASSIC

WHIPPED POTATO CASSEROLE

MAKES 12 servings
PREP 15 minutes
COOK 20 minutes
BAKE at 350° for 45 minutes

① Heat oven to 350°. Coat a 2-quart baking dish with nonstick cooking spray. ② Place 5 pounds peeled, quartered **all-purpose potatoes** in a large pot. Add enough water to cover. Lightly salt and bring to a boil. Lower heat; simmer for 15 to 20 minutes or until fork-tender. Drain. ③ In large bowl, mash potatoes with hand mixer. Add ½ cup softened **butter,** 1¼ cups **half-and-half,** 1 tub (8 oz) **cream cheese with chives,** 1 tsp **garlic salt** and ¼ tsp **nutmeg.** Beat potatoes on medium-high speed until very smooth. Spoon into prepared dish. ④ Bake at 350° for 30 minutes. Sprinkle with 1 cup **sliced almonds;** bake 15 minutes more, until lightly browned. Let stand 15 minutes before serving.

PER SERVING 364 calories; 21 g fat (11 g sat.); 8 g protein; 37 g carbohydrate; 4 g fiber; 232 mg sodium; 54 mg cholesterol

→ HEALTHY

SCALLOPED POTATOES

MAKES 6 servings
PREP 15 minutes **COOK** 2 minutes
BAKE at 375° for 50 minutes

① Heat 1 tbsp **olive oil** in a large saucepan over medium heat. Whisk in 2 tbsp **flour;** cook 1 minute. ② Whisk in 1 cup **fat-free half-and-half,** ¾ cup 2% **milk,** 3 cloves chopped **garlic,** ¾ tsp **salt** and ⅛ tsp dried **thyme.** Add 1½ pounds thinly sliced **baking potatoes** and bring to simmer. Cook 1 minute. ③ Spoon into greased 8 x 8 x 2-inch baking dish and cover with foil. Bake at 375° for 40 minutes. Uncover and bake additional 10 minutes. Cool slightly. Garnish with chopped parsley.

PER SERVING 158 calories; 3 fat (1 g sat.); 5 g protein; 28 g carbohydrate; 2 g fiber; 344 mg sodium; 2 mg cholesterol

→ TEX-MEX

ROASTED POTATOES & PEPPERS

MAKES 10 servings
PREP 10 minutes
ROAST at 400° for 35 minutes

Heat oven to 400°. Cut 2½ pounds **golden potatoes** (unpeeled and scrubbed) into 1-inch pieces. Toss in a large bowl with 1 *each* **orange, red** and **yellow sweet peppers,** cored and cut into pieces, 2 tbsp **olive oil,** 2 tsp **taco seasoning** (from a 1.25-oz packet) and 1 tsp **oregano.** Spread onto large rimmed baking sheet. Roast at 400° for 35 minutes, until tender.

PER SERVING 134 calories; 3 g fat (0 g sat.); 3 g protein; 24 g carbohydrate; 2 g fiber; 38 mg sodium; 0 mg cholesterol

→ INDULGENT

POTATO GRATIN WITH WILD MUSHROOMS

MAKES 8 servings
PREP 25 minutes **COOK** 3 minutes, 30 seconds
BAKE at 350° for 1 hour

① Heat oven to 350°. Coat a 2-quart oval baking dish with nonstick cooking spray. Combine 2.5 oz **dried porcini mushrooms** with 1½ cups **boiling water**; soak 20 minutes, then drain and chop. ② Blend ¾ cup finely grated **Parmesan,** ¾ cup **mascarpone,** 1 cup **half-and-half** and a pinch of **nutmeg;** set aside. ③ Heat 1 tbsp **butter** and 1 tbsp **canola oil** in a large nonstick skillet over medium-high heat. Cook 2 minced **garlic cloves** 30 seconds, then add mushrooms. Cook 3 minutes. ④ Carefully slice 2½ pounds **all-purpose potatoes** into ⅛-inch-thick slices using a mandoline or V-slicer. ⑤ Spread ¼ of the potato slices over bottom of prepared dish, overlapping as necessary, then sprinkle with ¼ tsp **salt.** Sprinkle with ¼ of the mushrooms. Repeat layer, then top with half of the cheese mixture. Repeat with remaining potatoes and mushrooms, forming 2 layers, then finish with remaining cheese mixture. Sprinkle with 2 tbsp **Gruyère cheese.** ⑥ Bake at 350° for 1 hour or until top is browned and bubbly.

PER SERVING 425 calories; 29 g fat (15 g sat.); 13 g protein; 31 g carbohydrate; 3 g fiber; 234 mg sodium; 80 mg cholesterol

→ SPEEDY

BUTTERMILK-CHIVE MASHED POTATOES

MAKES 8 servings
PREP 15 minutes
MICROWAVE 20 minutes

① Microwave 2 bags (24 oz each) **microwavable potato chunks** (such as Ore Ida Steam n' Mash) for 10 minutes each, then let sit for 2 minutes before removing from microwave. Pour potatoes into serving bowl. ② Add ½ cup **buttermilk,** ¼ cup **whipped chive cream cheese** and 3 tsp **dried chives;** mash until blended.

PER SERVING 167 calories; 2 g fat (1 g sat.); 4 g protein; 31 g carbohydrate; 4 g fiber; 514 mg sodium; 6 mg cholesterol

Make this Whipped Potato Casserole ahead of time (even the day before), and then reheat.

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A slice of orange and freshly grated orange peel balance tart cranberries in our traditional Cranberry Sauce.

→ CLASSIC

CRANBERRY SAUCE

MAKES 8 servings
PREP 5 minutes
COOK 18 minutes

Combine 1 bag (12 oz) fresh or frozen **cranberries,** 1¾ cup **sugar,** ¾ cup **water,** 1 **orange slice** and 1 tsp freshly grated **orange peel** in medium-size saucepan. Stir over high heat 3 minutes, until sugar melts and water starts to boil. Reduce heat; simmer until thickened, 15 minutes. Discard orange. Pour into serving bowl; cool completely.

PER SERVING 153 calories; 0 g fat; 0 g protein; 40 g carbohydrate; 1 g fiber; 1 mg sodium; 0 mg cholesterol

→ HEALTHY

CRANBERRY-APPLE RELISH

MAKES 8 servings
PREP 10 minutes
COOK 10 minutes

① Combine 1 bag (12 oz) **cranberries;** 1 **Granny Smith apple,** cored, peeled and chopped; 1 cup **water;** ¾ cup **sugar;** 3 tbsp **currants;** and ⅛ tsp **ground cloves** in a medium saucepan. ② Bring to a boil. Reduce heat to medium-low and simmer 10 minutes. Cool before serving.

PER SERVING 110 calories; 0 g fat; 0 g protein; 29 g carbohydrate; 3 g fiber; 1 mg sodium; 0 mg cholesterol

→ TEX-MEX

CRAN-PINEAPPLE SALSA

MAKES 12 servings
PREP 5 minutes

Combine 1 package (12 oz) fresh **cranberries** (thawed if frozen); 2 cups **fresh pineapple** chunks; ½ cup **sugar;** ½ **red onion,** chopped; 1 **jalapeño,** seeded; 2 tbsp **lime juice** and ½ tsp **salt** in food processor. Pulse until evenly chopped and serve.

PER SERVING 60 calories; 0 g fat; 0 g protein; 16 g carbohydrate; 2 g fiber; 98 mg sodium; 0 mg cholesterol

→ INDULGENT

CRANBERRY, BLOOD ORANGE & PEARL ONION RELISH

MAKES 8 servings
PREP 15 minutes

① Peel 6 **blood oranges** and cut away the white pith, then cut orange segments between membranes; roughly chop and set aside. ② Place 2 **bags** (12 oz each) **cranberries,** 1⅓ cups **sugar,** 2 tbsp **cider vinegar** and ½ tsp **allspice** in a large bowl; place half of mixture in food processor and pulse until roughly chopped. Remove to serving bowl. Repeat with remaining half of cranberry mixture, adding to mixture in serving bowl. Add 1 bag (16 oz) **frozen pearl onions,** thawed to room temperature, to food processor and pulse 2 to 3 times or until very roughly chopped. Add to mixture in serving bowl and stir in chopped blood oranges.

PER SERVING 243 calories; 0 g fat; 2 g protein; 61 g carbohydrate; 7 g fiber; 4 mg sodium; 0 mg cholesterol

→ SPEEDY

QUICKIE CRANBERRY SAUCE WITH ORANGE

MAKES 8 servings
PREP 15 minutes

① Peel 2 **oranges** and cut away the white pith, then cut orange segments between membranes. Squeeze juice from orange membranes into serving bowl. Roughly chop segments and add to serving bowl. ② Stir together 2 cans (14 oz each) **whole-berry cranberry sauce** and ½ cup **red currant jam** into oranges in serving bowl.

PER SERVING 209 calories; 0 g fat; 0 g protein; 54 g carbohydrate; 2 g fiber; 22 mg sodium; 0 mg cholesterol

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RECIPE | REVIEWS | NUTRITION

Green Bean Casserole

Prep: 15 min. Bake: 30 min. Makes: 12 servings

- 2 cans (10¾ oz. **each**) ***Campbell's*® Condensed Cream of Mushroom Soup** (regular *or* 98% Fat Free **or** Healthy Request)
- 1 cup milk
- 2 tsp. soy sauce
- ¼ tsp. ground black pepper
- 8 cups cooked cut green beans
- 1 can (6 oz.) French's® French Fried Onions (2⅔ cups)

1. Stir soup, milk, soy sauce, black pepper, beans and *1⅓ cups* onions in 3-qt. casserole.
2. Bake at 350°F. for 25 min. or until hot. Stir.
3. Top with remaining onions. Bake for 5 min. more.

Tip: Toast *½ cup sliced almonds*. Add with remaining onions.

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Delicious turkey

Perfectly seasoned

Celebrate every bite

McCormick® Sage-Rubbed Roasted Turkey

Makes 12 servings

Prep Time: 15 minutes
Cook Time: 3 ½ hours

1 whole turkey (12 to 14 lb.), fresh or frozen, thawed
1 tbsp. vegetable oil
2 tbsp. **McCormick Rubbed Sage**
1 tbsp. **Lawry's® Seasoned Salt**
2 tsp. **McCormick Paprika**
1 ½ tsp. **McCormick Garlic Powder**
1 tsp. **McCormick Ground Black Pepper**

PLACE turkey on rack in roasting pan. Brush with oil. Mix seasonings. Sprinkle 1 tablespoon of the seasoning inside turkey. Spread remaining seasoning over entire surface and under skin of turkey. Add ½ cup water to pan. Cover loosely with heavy duty foil.

ROAST in preheated 325°F oven 1 hour. Remove foil. Roast 2 to 2 ½ hours longer or until internal temperature reaches 165°F (175°F in thigh), basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes before slicing. Reserve pan juices to make gravy.

For the Roasted Sweet Potatoes and other holiday recipes, visit mccormick.com

The Taste You Trust®

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timeline

2 WEEKS AHEAD
→ decide on menu—feel free to mix and match

1 WEEK AHEAD
→ buy ingredients
→ buy beverages

4 DAYS AHEAD
→ thaw turkey (in refrigerator), if frozen

2 DAYS AHEAD
→ assemble serving utensils, platters
→ make stuffing, refrigerate

1 DAY AHEAD
→ set up buffet
→ set table

THAT MORNING
→ start turkey (see "Talking Turkey," page 94)
→ prep potatoes
→ clear out fridge for leftovers later on

BEFORE SERVING
→ finish sides
→ reheat dishes as needed in oven or microwave

10.8 BILLION

The number of cranberries that are consumed each holiday season. That's nearly two berries for each man, woman and child on earth!

Source: Ocean Spray

For information on our Perfect Turkey Roasting Kit, $59.95, featuring a 16-inch Circulon nonstick roasting pan with rack and an Acu Rite instant-read probe thermometer, check out the Buyer's Guide, page 106.

Top it off with perfection

McCormick® Perfect Turkey Gravy

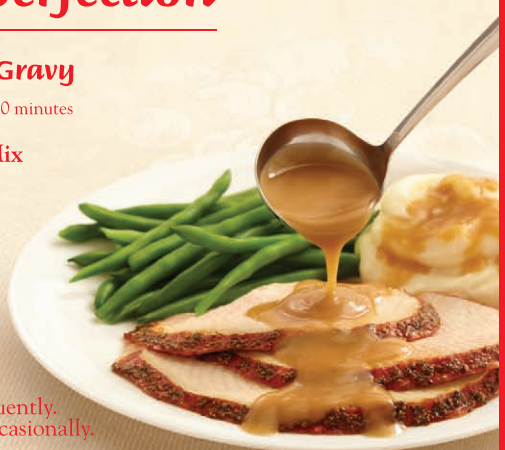
Prep Time: 5 minutes Cook Time: 10 minutes

2 pkg. McCormick Turkey Gravy Mix
¼ cup flour
3 cups cold water
1 cup turkey pan drippings
or turkey broth

MIX Gravy Mix and flour in large saucepan. Gradually stir in water and turkey drippings with wire whisk until smooth.

COOK on medium-high heat until gravy comes to boil, stirring frequently. Reduce heat to low; simmer 5 minutes or until thickened, stirring occasionally. (Gravy will continue to thicken upon standing.) Makes 15 servings.

For more great-tasting recipes, visit mccormick.com



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SERVE UP SMILES:
Healthy Tips from the Chef

These days, moms have the tricky task of juggling their kids' busy schedules and getting them to eat healthy. Use these tips to get your kids to eat the good stuff…without putting up a fight:

- **START THEIR DAY RIGHT.** A fruit-filled smoothie is a quick, healthy treat your kids won't say no to.
- **SET A GOOD EXAMPLE.** If you make an effort to eat nutritious foods, your kids will too.
- **SERVE FOODS THEY LOVE.** Delicious **Chef Boyardee** products contain one serving of vegetables in every bowl and come in kid-friendly flavors including: Whole Grain Beefaroni, Big Beef Ravioli and Micro Beef Ravioli Microwave Cups.

WANT MORE TIPS? Visit ClubMum, where you can discover more ways to get the good stuff into your kids and share advice with other moms just like you.

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Chef BOYARDEE

menus

→ CLASSIC
Turkey with Pan Gravy
Fresh Sage Stuffing
Green Bean Casserole
Whipped Potato Casserole
Cranberry Sauce

→ HEALTHY
Heritage Turkey with Cran-Orange Glaze
Bulgur Stuffing
Green Bean & Shiitake Casserole
Scalloped Potatoes
Cranberry-Apple Relish

→ TEX-MEX
Spice-Rub Turkey
Zesty Cornbread Stuffing
3-Bean Salad
Roasted Potatoes & Peppers
Cran-Pineapple Salsa

→ INDULGENT
Deep-Fried Turkey
Sausage, Apple & Leek Stuffing
Haricot Verts with Bacon & Brussels Sprouts
Potato Gratin with Wild Mushrooms
Cranberry, Blood Orange & Pearl Onion Relish

→ SPEEDY
Lemony Turkey Breast & Gravy
Carrot & Bacon Stuffing
Green Bean & Shallot Sauté
Buttermilk-Chive Mashed Potatoes
Quickie Cranberry Sauce with Orange

FamilyCircle.com

Find more Turkey Day recipes at **familycircle.com/thanksgiving**

talking turkey

Plan on about 1 pound per person. If frozen, thaw in its packaging on a tray in the refrigerator; it will take 24 hours for each 4 pounds (figure 3 to 4 days for a 15-pound bird). When thawed, unwrap and remove giblets and neck; rinse inside and out with cold water. Dry turkey, including both cavities. Tuck wings under, if desired. Season as recipe recommends. For roasting: Roast at 350° for 12 to 15 minutes per pound or until instant-read thermometer inserted in thickest part of the thigh registers 180°, 160° in the breast. Transfer to platter; Let rest 20 minutes before carving.

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BEHOLD THE MYTHICAL VEGGIE-LOVING KID.

Sadly, he doesn't exist. So until he does, there's Chef Boyardee Big Beef Ravioli, with a full serving of vegetables in every bowl. Just don't tell them.

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"Full serving of vegetables" means half-cup of vegetables in every one-cup serving of Big Beef Ravioli. The Dietary Guidelines for Americans (2005) recommends 2.5 cups of vegetables (or 5 servings) per day based on a 2,000 calorie diet.

Recipe Exchange

SOMETHING **DELICIOUS** FROM OUR SPONSORS' KITCHENS

NORTH POLE COOKIE DOUGH

Makes three "pints" of dough or 2 dozen cookies

INGREDIENTS

- 1 ½ cups semi-sweet chocolate chips
- 1 ⅔ cups flour
- ⅓ cup unsweetened cocoa powder
- 1 ¼ teaspoons baking soda
- ¼ teaspoon salt
- **1 cup (2 sticks) butter, softened**
- ½ cup dark brown sugar, packed
- ½ cup sugar
- 1 ¼ teaspoons pure vanilla extract
- 2 large eggs
- 1 cup semi-sweet chocolate chunks
- 1 cup roasted almonds or toasted walnuts, roughly chopped
- 1 ½ cups mini marshmallows

DIRECTIONS

1. Place 1 ½ cups chocolate chips in microwave-safe dish. Microwave 30 seconds on high, stir and continue to microwave in 10- to 20-second intervals, stirring after each, until chocolate is melted and smooth. Set bowl aside and cool to room temperature.
2. In medium bowl, whisk together flour, cocoa powder, baking soda and salt. In large bowl, beat butter and both sugars using electric mixer until light and fluffy. Add melted, cooled chocolate and vanilla, blend until fully incorporated. Add eggs, one at a time, beating well after each addition. Add flour mixture slowly; mixing until incorporated. Fold in chocolate chunks, nuts and mini marshmallows.
3. Fill pint containers with cookie dough and refrigerate up to 4 days or freeze up to 1 month. When giving as a gift, attach following baking instructions: Preheat oven to 350°F. Drop dough by rounded tablespoons, or using small cookie scoop, onto parchment-lined baking sheets, about 1 inch apart. Flatten dough slightly using back of spoon. Bake 10 to 12 minutes, until edges are lightly cracked but centers are still soft.
4. Remove from oven and cool slightly on baking sheet before transferring cookies to wire rack to cool completely.

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HOLIDAY CRANBERRY MEATBALLS | Makes 4 servings

INGREDIENTS

- **2 packages (about 1 ½ pounds) Honeysuckle White® or Shady Brook Farms® Italian Style Turkey Meatballs**

Sauce:

- 12 ounces whole cranberry sauce
- 9 ounces chili sauce
- 2 ¼ teaspoons brown sugar

DIRECTIONS

Prep time: 5 minutes | Total Time: 25 minutes

1. In a saucepan, combine cranberry sauce, chili sauce and brown sugar. Cook and stir over medium heat until brown sugar is melted (about 5 minutes).
2. Add meatballs. Cook until meatballs are hot – approximately 15 minutes.
3. Serve with assorted cheese cubes, grapes and crackers.

honeysucklewhite.com **shadybrookfarms.com**

SIZZLIN' SKILLET BAKED CHICKEN | Makes 4 servings

INGREDIENTS

- 2 Tbsp. **Mrs. Dash® Original Blend**
- 4 boneless, skinless chicken breasts
- 1 Tbsp. olive oil
- 2 garlic cloves, slivered
- ¼ red onion, sliced
- cooking spray

DIRECTIONS

Prep Time: 10 minutes | Cook Time: 25 minutes

1. Preheat oven to 350° F.
2. Brush chicken breasts with olive oil and **Mrs. Dash® Original Blend**. Set aside.
3. Add onions and garlic to an 8 - 9 inch skillet. Place chicken on top of vegetables. Cover lightly with foil and place in oven. Cook 15 minutes.
4. Increase heat to 375° F. Uncover skillet and turn chicken. Cook 10 minutes.
5. Remove and cover lightly with foil. Rest 5 minutes before serving.

www.mrsdash.com

QUICK & HEALTHY SLOW COOKER CHICKEN & POTATOES | Makes 6 servings

INGREDIENTS

- 4 small (2 pounds) bone-in chicken breasts, skin removed
- 2 teaspoons Herbs de Provence (or combination of dried thyme, fennel, basil and savory)
- 1 teaspoon garlic salt
- Freshly ground pepper to taste
- ½ cup flour
- 1 tablespoon canola oil
- **1 ¼ pounds small red potatoes**
- ¾ cup frozen, thawed pearl onions
- 1 cup small baby carrots
- ¾ cup reduced-sodium chicken broth
- 8 ounces small baby bella or white mushrooms
- Chopped fresh thyme (optional)

DIRECTIONS

Prep time: 30 minutes | Cooking Time: 4 - 8 hours

1. Combine the Herbs de Provence, garlic salt and pepper on a dinner plate. Spoon flour onto second dinner plate. Coat each chicken breast in the herb mixture; then dredge well in flour.
2. Heat oil in a large skillet. Add chicken and cook over medium-high heat until chicken is golden brown on both sides (approximately 3 - 4 minutes per side). Cook chicken in two batches if necessary so as not to crowd the pan.
3. Place chicken in a large slow cooker and add remaining ingredients except fresh thyme. Cover slow cooker and cook on high for 4 hours or on low for 8 hours. Sprinkle with fresh thyme before serving, if desired.

Nutritional facts: Calories: 430, Fat: 8g, Cholesterol: 100mg, Sodium: 400mg, Vitamin C: 60%, Carbohydrates: 50g, Fiber: 5g, Protein: 47g, Potassium: 604mg

Visit **www.potatogoodness.com** for budget-friendly, quick and healthy recipes.

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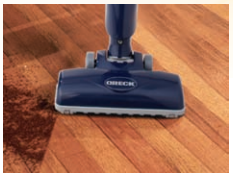

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Retail price $399.95. Cannot be combined with any other offer. Offer ends 12/27/10.

STRIKE1

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SAVE ROOM FOR DESSERT

kahlua cheesecake
page 105

BY MICHAEL TYRRELL *photography by Tina Rupp*

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END YOUR MEAL ON A SWEET NOTE WITH THESE IRRESISTIBLE CAKES, PIES, EVEN A SPICED COMPOTE.

apple cherry lattice
page 105

easy pumpkin pie
page 102

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For info on where to buy the Festive Leaf-and-Acorn pan, $32, see Buyer's Guide, page 106.

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From the Almond People™

FOR COMPLETE NUTRITIONAL DATA REFER TO: USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE, RELEASE 22, 2009

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FALL FRUIT COMPOTE

MAKES 4 cups
PREP 15 minutes
COOK 12 minutes

- **2 tablespoons unsalted butter**
- **3 McIntosh apples, cored, peeled and cut into bite-size chunks**
- **3 pears, cored, peeled and cut into bite-size chunks**
- **½ cup dried apricots, sliced**
- **½ cup dried mixed fruit, thinly sliced**
- **½ cup sugar**
- **2 tablespoons lemon juice**
- **½ teaspoon pumpkin pie spice**
- **½ teaspoon vanilla extract**

① In a large nonstick skillet, melt butter over medium-high heat. Add apples, pears, apricots, mixed fruit, sugar, lemon juice and pumpkin pie spice. Stir to combine. Simmer 10 to 12 minutes, stirring occasionally, until fruit is tender.

② Stir in vanilla and cool. Serve at room temperature or slightly warm with vanilla ice cream or Brandied Whipped Cream, page 102.

PER CUP 376 calories; 6 g fat (4 g sat.); 2 g protein; 84 g carbohydrate; 9 g fiber; 32 mg sodium; 15 mg cholesterol

WREATH SPICE CAKE

MAKES 16 servings **PREP** 20 minutes
BAKE at 350° for 45 minutes

- **3 cups all-purpose flour**
- **1 tablespoon ground cinnamon**
- **1 tablespoon ground ginger**
- **2¼ teaspoons baking powder**
- **½ teaspoon salt**
- **½ teaspoon ground cloves**
- **¾ cup (1½ sticks) unsalted butter, softened**
- **⅔ cup granulated sugar**
- **⅔ cup packed light-brown sugar**
- **¼ cup molasses**
- **2 teaspoons vanilla extract**
- **3 large eggs**
- **⅔ cup 2% milk**
- **Confectioners' sugar (optional)**

① Heat oven to 350°. Coat a 10-cup wreath-shaped pan (see Buyer's Guide, page 106) with nonstick cooking spray.

② In a bowl, blend flour, cinnamon, ginger, baking powder, salt and cloves.

③ In large bowl, beat butter until smooth. Add sugars, molasses and vanilla; beat 1 minute. Beat in eggs, one at a time. On low speed, alternately beat in flour mixture and milk, ending with flour. Spoon into prepared pan.

④ Bake at 350° for 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 25 minutes. Invert onto wire rack and cool completely. Lightly dust with confectioners' sugar, if desired.

PER SERVING 264 calories; 10 g fat (6 g sat.); 4 g protein; 40 g carbohydrate; 1 g fiber; 154 mg sodium; 63 mg cholesterol

DOUBLE PIECRUST

MAKES two 9-inch piecrusts
PREP 15 minutes **CHILL** 1 hour

- **2½ cups all-purpose flour**
- **1 teaspoon salt**
- **½ cup (1 stick) cold unsalted butter, cut into small pieces**
- **½ cup solid vegetable shortening, chilled**
- **6 to 8 tablespoons cold water**

① Stir flour and salt in a bowl. Cut in butter and shortening with a pastry blender until mixture resembles coarse meal. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork after each addition, until pastry is just moist enough to hold together.

② Divide pastry in half; shape each half into a disk. Wrap in plastic wrap. Chill for 1 hour or up to 2 days.

BALSAMIC ROSEMARY PORK LOIN WITH ROASTED POTATOES

INGREDIENTS

- 2 ½ lbs. boneless top loin pork roast
- 1 ½ c. fresh rosemary leaves
- 12 cloves garlic
- 3 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 1 tsp. salt
- 2 tsp. black pepper
- 2 ½ lbs. small red potatoes, cut into ½-inch wedges

DIRECTIONS

Preheat oven to 450°F.

In food processor, combine rosemary, garlic, oil, vinegar, salt and pepper; pulse to a coarse, wet paste. Spread ¾ paste on all sides of roast. Place roast, fat side up, in shallow roasting pan big enough to hold roast with 3 inches around all sides. Cook 15 min.

Meanwhile, in large bowl, mix potatoes and remaining paste. Reduce oven to 350°F. Place coated potatoes around roast; cook 50 to 60 min., tossing potatoes halfway. Cook roast until internal temp. reaches 150°F. If potatoes aren't done, transfer roast to cutting board and continue cooking potatoes.

Remove roast from oven, let rest 10 min. Slice and arrange on platter with potatoes.

Serves 8 to 10

TheOtherWhiteMeat.com

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simply pecan pie

MAKES 12 servings **PREP** 10 minutes
BAKE at 350° for 55 minutes

- **1 piecrust (from a 15-ounce package of refrigerated piecrusts) or ½ batch Double Piecrust recipe, page 101, rolled out**
- **4 large eggs**
- **1 cup light corn syrup**
- **½ cup granulated sugar**
- **½ cup packed dark-brown sugar**
- **1 teaspoon vanilla extract**
- **2 cups pecan halves**
- **⅓ cup mini chocolate chips**

① Heat oven to 350°. Fit piecrust into a 9-inch pie plate.

② In a large bowl, lightly beat eggs. Stir in corn syrup, granulated and dark-brown sugar and vanilla until combined. Stir in 1½ cups of the pecans and the chocolate chips. Pour into pie shell and scatter the remaining ½ cup pecans over the top.

③ Bake at 350° for 55 minutes or until knife inserted between center and rim tests clean. Cool on rack to room temperature. Serve with Brandied Whipped Cream, if desired (recipe below).

PER SERVING 397 calories; 21 g fat (4 g sat.); 5 g protein; 53 g carbohydrate; 2 g fiber; 111 mg sodium; 74 mg cholesterol

brandied whipped cream

In a large bowl, beat 1 cup of **heavy cream** on medium-high speed until foamy. Add in 2 tablespoons **sugar** and beat until soft peaks form. Beat in 1 tablespoon **brandy.**

EASY PUMPKIN PIE

MAKES 8 servings
PREP 20 minutes
BAKE at 425° for 15 minutes, then at 350° for 45 minutes
REFRIGERATE overnight

- **1 package (15 ounces) refrigerated piecrusts or 1 batch Double Piecrust, page 101, rolled out**
- **1 can (30 ounces) pumpkin pie filling (such as Libby's)**
- **2 large eggs**
- **⅓ cup sweetened condensed milk**
- **1 egg beaten with 1 tablespoon water**
- **1 teaspoon sugar**

① Heat oven to 425°. Fit one piecrust into a 9-inch pie plate. Set aside.

② Using a 1-inch star-shaped cookie cutter, cut out 50 stars from second crust; place on a baking sheet and refrigerate until ready to use.

③ In a large bowl, beat pumpkin pie filling, eggs and condensed milk until smooth. Spoon into pie crust.

④ Brush edge of pie with egg mixture. Overlap pastry stars around edge. Brush with egg mixture; sprinkle with sugar.

⑤ Bake at 425° for 15 minutes. Reduce oven to 350° and cover edge with foil. Bake for an additional 45 minutes.

⑥ Cool pie completely on wire rack. Refrigerate overnight or until chilled. Serve with Brandied Whipped Cream (left), if desired.

PER SERVING 416 calories; 17 g fat (7 g sat.); 6 g protein; 59 g carbohydrate; 3 g fiber; 377 mg sodium; 79 mg cholesterol

FamilyCircle.com

For more crowd-pleasing dessert recipes visit familycircle.com/holidaydesserts

Food styling: Liza Jernow. Prop styling: Loren Simons.

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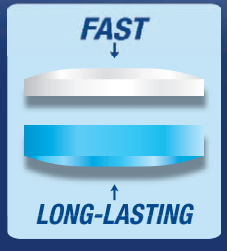

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KAHLUA CHEESECAKE

MAKES 16 servings **PREP** 20 minutes
BAKE at 350° for 70 minutes
REFRIGERATE overnight

CRUST

- **12 cinnamon honey graham cracker boards**
- **1 tablespoon sugar**
- **½ cup (1 stick) unsalted butter, melted**

FILLING

- **2 packages (8 ounces each) cream cheese, softened**
- **2 packages (8 ounces each) reduced-fat cream cheese, softened**
- **1¼ cups sugar**
- **3 tablespoons cornstarch**
- **4 eggs**
- **¼ cup coffee liqueur (such as Kahlua)**
- **1 teaspoon vanilla extract**

TOPPING

- **½ cup heavy cream**
- **1 tablespoon sugar**
- **Chocolate-covered coffee beans, if desired**
- **1 tablespoon cocoa powder for dusting, if desired**

① Heat oven to 350°.

② **Crust.** In food processor, pulse graham crackers until fine crumbs are formed (about 3 cups). Add sugar and butter; pulse until crumbs are moist. Press into bottom and up side of a 9-inch springform pan. Wrap foil around bottom and up side. Chill.

③ **Filling.** In a large bowl, beat cream cheese until smooth, about 1 minute. Add sugar and cornstarch; beat 2 to 3 minutes on medium-high speed until creamy. Add eggs, one at a time, beating well after each addition. Beat in Kahlua and vanilla. Pour filling into crust.

④ Place springform pan into large baking pan; place on oven rack and pour in hot water halfway up side of springform pan (about 6 cups).

⑤ Bake at 350° for 60 to 70 minutes or until center of cheesecake is set. Remove pan from water bath. Run knife around edge of cake and remove foil. Place on wire rack and cool completely. Cover and refrigerate overnight.

⑥ Remove side of pan. **Topping.** Whip cream and sugar to stiff peaks. Garnish cheesecake with whipped cream. Scatter top with coffee beans and dust with cocoa powder, if desired.

PER SERVING 405 calories; 27 g fat (16 g sat.); 8 g protein; 31 g carbohydrate; 0 g fiber; 289 mg sodium; 128 mg cholesterol

APPLE CHERRY LATTICE

MAKES 8 servings **PREP** 25 minutes
BAKE at 400° for 60 minutes

- **1 package (15 ounces) refrigerated piecrusts or 1 batch Double Piecrust, page 101, rolled out**
- **2½ pounds Granny Smith apples, peeled, cored and cut into ¼-inch-thick slices**
- **¾ cup dried tart cherries**
- **⅔ cup plus 1 tablespoon sugar**
- **⅓ cup frozen apple juice concentrate, thawed**
- **3 tablespoons cornstarch**
- **2 tablespoons lemon juice**
- **¼ teaspoon cinnamon**
- **⅛ teaspoon ground nutmeg**
- **⅛ teaspoon salt**
- **1 egg beaten with 1 tablespoon water**

① Heat oven to 400°. Fit one piecrust into 9-inch pie plate. Set aside.

② Place second piecrust on a cutting board. Cut into 1-inch-wide strips.

③ In a large bowl, combine apples, cherries, ⅔ cup of the sugar, apple juice concentrate, cornstarch, lemon juice, cinnamon, nutmeg and salt. Pour apple filling into crust in pie plate.

④ With pastry strips, weave a lattice over top of pie. Crimp ends of strips under edge of crust.

⑤ Brush egg mixture over lattice. Sprinkle with remaining tablespoon sugar.

⑥ Bake at 400° for 50 to 60 minutes, until apples are tender. Cover edge with foil after 25 minutes if browning too quickly. Cool on wire rack.

PER SERVING 438 calories; 14 g fat (6 g sat.); 3 g protein; 77 g carbohydrate; 6 g fiber; 243 mg sodium; 23 mg cholesterol ●

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•from the editor

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SEASON'S GREENINGS

Page 20: Porcelain pinecone, **Lazy Susan USA,** lazysusanusa.com, $9.
Page 21: Hutton 98" two-cushion sofa, **Room and Board,** roomandboard.com, $2,199. 24" Carolina sapphire wreath, ($68) and 16" all-green magnolia wreath, ($59), both **The Magnolia Company,** themagnoliacompany.com.
Page 22: Gossamer beaded leaf wreath, **Ballard Designs,** ballarddesigns.com, $80. Antiqued silver birds, **Go Home Ltd,** gohomeltd.com for stores, $68/3.
Page 23: Real leaf ornaments, **Still Life Gifts,** stilllifegifts.com, from $28. Magnolia Bunches, **The Magnolia Company,** themagnoliacompany.com, $52
Page 24: Ring mirror, **Go Home Ltd,** gohomeltd.com for stores, $180. Caribou coat rack, **Rumrunner Home,** rumrunnerhome.com for info, $300. Gray faux pony benches, **Lazy Susan USA**, lazysusanusa.com, $450 each.
Page 25: Gio Silver wallaper, **Tempaper,** tempaperdesigns.com, $75/roll.

•family

(E)-READ ALL ABOUT IT SWEEPTAKES ABBREVIATED RULES

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•style

STYLE NEWS

Page 47: Hat, scarf and blazer, **Uniqlo,** uniqlo.com for locations. Vest, **Old Navy,** Old Navy stores, $29.50. Gloves, **Carolina Amato,** revolveclothing.com, $65.
Page 48: All Wrapped Up: Coat, **Norma Kamali,** walmart.com, $35. Out of Africa: **Desert Essence,** desertessence.com, $19. **Josie Maran,** Sephora, $22. **Orofluido,** 800-598-2739 for locations, $40. All That Glitters: **Loft,** loftonline.com, $69.50. Hair and Now: **Garnier,** drugstores, $12.

PERFECT SCENT

Page 50: **Bath & Body Works,** bathandbodyworks.com, $29.50. **Express,** express.com, $45. **Mary Kay,** marykay.com, $30. **Mark,** meetmark.com, $25. **Victoria's Secret,** victoriassecret.com, $45. **Tocca,** Sephora, $68. **Beyonce,** Macy's stores, $59. .

COLD COMFORT

Page 52: Highland Heritage: Shawl, **Lucky Brand,** luckybrand.com, $169. Dress, **WDNY,** 212-395-9309 for store locations, $98. Boots, **Sperry Top-Sider,** sperrytopsider.com, $140. Hat, **San Diego Hat Co.,** sandiegohat.com, $42. Tights, **Kushyfoot,** kushyfoot.com, $8.
Page 53: Sweater Girl: Sweater, **American Living for JCPenney,** americanliving.com, $45. Pants, **Mark,** meetmark.com, $26. Boots, **80%20,** karmaloop.com, $155. Hat, **Amici Accessories,** amiciaccessories.com, $28. Bag, **American Living for JCPenney,** americanliving.com, $40.
Page 54: Fakin' It: Vest ($60) and sweater ($70), **Jaclyn Smith,** Kmart stores. Pants, **Eviana Hartman for Hessnatur,** hessnatur.com, $118. Blanket, Pendleton, pendleton-usa.com, $124 (twin size).
Page 55: Knit Wit: *(Left)* Cardigan, **Eddie Bauer,** eddiebauer.com, $199. Top, **Zara,** zara.com for locations, $60. Leggings, **Hue,** hue.com, $34. Boots, **The Frye Company,** thefryecompany.com, $248. Hat, **Lands' End Canvas,** landsendcanvas.com, $26.50. Bag, **Zara,** zara.com for locations, $90. Belt, **Linea Pelle,** 310-394-0135, $113. *(Right)* Sweater, **Miguel Adrover for Hessnatur,** hessnatur.com, $278. Dress, **WDNY,** 212-395-9309, $98. Boots, **Dirty Laundry,** dirtylaundryfootwear.com, $69. Tights, **Kushyfoot,** kushyfoot.com, $8.
Page 56: Town & Country: *(Left)* Aviator Jacket, **Route 66,** Kmart stores, $50. Sweater, **Spring + Mercer,** stagestores.com, $44. Skirt ($89) and hat ($69), **Eddie Bauer,** eddiebauer.com. Boots, **Born,** bornshoes.com, $150. *(Right)* Coat, **Dennis Basso,** qvc.com, $127. Sweater, **Aerie,** aerie.com, $39.50. Skirt, **Talbots,** talbots.com, $119. Boots, **Sperry Top-Sider,** sperrytopsider.com, $75. Scarf, **American Eagle Outfitters,** ae.com, $34.50.

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Bag, **Esprit,** esprit.com, $79.50.
Page 57: Cape Town: Cape ($128), sweater ($59.50) and hat ($29.50), **Loft,** loftonline.com. Pants, **WDNY,** 212-395-9309 for locations, $54. Boots, **Sperry Top-Sider,** sperrytopsider.com, $180. Gloves, **Carolina Amato,** softsurroundings.com, $90.

•food

FOOD NEWS

Page 78: Text FC TURKEY to 76477 (S-N-I-P-P) to watch our food director offer a great turkey tip. The first 100 people to text will receive a coupon for a free Honeysuckle White® or Shady Brook Farms® turkey. To take advantage of the Honeysuckle White® or Shady Brook Farms® turkey coupon ($25 value) between October 25, 2010, and November 19, 2010, using your mobile device, text the code "FC TURKEY" to 76477. The first 100 people to text in the keyword will qualify to receive the turkey coupon. Those who qualify will receive a return text message indicating that they have qualified with instructions on how to enter their mailing address to claim their coupon. The coupon will be shipped to your confirmed address. Message and data rates apply. Must be U.S. resident, 18 years or older. One coupon per household. Allow 6 to 8 weeks for delivery. Offer begins October 25, 2010 and ends November 19, 2010, or when 100 requests have been received, whichever comes first. Requests will be fulfilled in the order received. Meredith Corporation d/b/a Family Circle ("Sponsor") is not responsible for network failure or incomplete text messages or text calls or unfilled address forms. Void where prohibited, taxed, or restricted. In all matters relating to interpretation/application of this offer, decision of Sponsor is final and binding. ●

holiday hardware

PERFECT TURKEY ROASTING KIT → *page 93*

Large riveted stainless-steel handles make this 16-inch roaster with rack—perfect for a full-size turkey—easy to grab, even with bulky pot holders. Paired with the Acu-Rite instant-read probe thermometer (a favorite in FC's test kitchen), which has a quick-read display to guarantee proper temperatures, this kit ensures you'll have a delicious holiday meal. $59.95
To order, visit fccatalog.com or call 800-678-5752.

FESTIVE LEAF-AND-ACORN PAN

→ *page 102*

This 10-cup capacity pan is made of nonstick cast aluminum and comes with a lifetime warranty. $32
To order, visit fccatalog.com or call 800-678-5752.

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my family life

→ BY PATTY A. MARTINEZ

Felicity Huffman

Much like the harried mother she plays on *Desperate Housewives*, the outspoken actress doesn't sugarcoat anything—not even the ins and outs of being a wife to actor William H. Macy and mom to daughters Sophia, 10, and Georgia, 8.

Sometimes your character Lynette seems on the verge of a breakdown! Can you relate? She feels overwhelmed a lot, and so do I. Our days can seem like a series of mistakes, sprinkled with "Whoops!" and "I forgot." But we also get so much happiness from our kids. My greatest moments have been laughing with my daughters, watching them make discoveries and witnessing their honesty.

You're the youngest of eight children. How did that shape you as a mom? I learned from the best—my mother was a saint. To honor her, both of my daughters have her name, Grace, as their middle name. My sisters helped raise me, too, so there was always someone looking out for me. I still turn to my siblings for advice.

What's one way your life has changed since your girls have gotten older? Oh my gosh—it's so much easier. I can take a shower! I can cook dinner! As any mom will tell you, when your kids are mature enough that you can say, "Put on your shoes!" and they actually do it, you jump for joy! You think, "Woo-hoo! My life is easy!"

What's William like as a dad? He has a kind and generous heart, and always sees the best in people. He also happens to be very good at setting limits, which is a plus because I'm not! My boundaries aren't known until after they've been crossed—when I say, "Nope! We don't do that." William has also given his great sense of humor and wonder to our girls.

After being married for 13 years, do you still make time for date nights? To be honest, date nights can make me feel pressured. I think to myself, "I hope I have something to say that's not about the girls!" But just taking a break to enjoy a nice meal lets us remember why we fell for each other.

"As a mom, you're thinking, 'Oh my God, did I do anything today that my kids are going to be in therapy for?'"

it's all relative

career high point

"Being nominated for an Academy Award [in 2005 for Best Actress in *Transamerica*]. I knew at age 10 that I wanted to be an actor, so it was a dream come true to go to the Oscars."

making a difference

This year Felicity is the spokeswoman for Lee National Denim Day, which promotes breast cancer awareness. (Support research efforts at denimday.com until December 31.)

eco-conscious kids

"The girls recycle cans and bottles, then donate money to the Environmental Defense Fund, Greenpeace and the Rainforest Action Network."

animal attraction

"We have two dogs, two rats, a hamster, chickens and a pony. I'm trying to talk William into a miniature cow, but he's drawn the line there."

no place like home

"My favorite spot in the world is in bed, reading *Harry Potter* with my daughters."

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Photo: Robin Layton.

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